



# Receiving Help: What I Might Want and/or Need

Receiving assistance can be more difficult than we think. What things might I consider having someone help me with? Who might I be willing to allow/ invite to provide this help?

## Help with children

- Pick up or carpool
- Child-focused time
- Lunches
- Babysitting
- Other

## Home repair

- Painting
- Closet/garage
- Moving
- Installing grab bars
- Other

## Reading/writing

- Recording life story
- Reading books/papers
- Letters/cards/mail
- Other

## Eldercare

- Company for elder
- Personal care
- Reading/TV time
- Other

## Transportation

- To and from MD visits
- Shopping and errands
- Car maintenance
- Other

## Medications

- Remembering
- Procuring
- Coordinating
- Tracking
- Other

## Health/personal care

- Exercising/walking
- Nail care
- Shampoo/haircut
- Massages
- Other

## Medical

- Preparing for visits
- Accompanying
- Tracking details
- Other

## Friendly companionship

- Social outings
- Visits in hospitals
- Talking/visiting
- Personal shopping
- Other

## Financial

- Bill/mail sorting
- Balancing statements
- Insurance papers
- Paying/tracking bills
- Other

## Resource/delegating

- Medicare/Medicaid/  
Insurance
- Track MD visits
- Staying in touch
- Finding options
- Other

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## Household chores

- Light house cleaning
- Windows/floors
- Cleaning refrigerator
- Laundry
- Other

## Meals

- Grocery shopping
- Cooking (delivering)
- Helping with eating
- Dishes
- Other

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## Pets and plants

- Feeding and exercising
- Watering and trimming
- Mowing/raking
- Other

## Telephone

- Calling to check in
- Medication reminders
- Telephone tree
- Other