# Help: What I Might Want

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

Eldercare
___Company for elder
___Personal care
___Reading/TV time
___Other

Health/personal care
___Exercising/walking
___Nail care
___Shampoo/haircut
___Massages
___Other

Financial
___Bill/mail sorting
___Balancing statements
___Insurance papers
___Paying/tracking bills
___Other

Household chores
___Light house cleaning
___Windows/floors
___Cleaning refrigerator
___Laundry
___Other

Pets and plants
___Feeding and exercising
___Watering and trimming
___ Mowing/raking
___Other

Home repair
___Painting
___Closet/garage
___Moving
___Installing grab bars
___Other

Transportation
___To and from MD visits
___Shopping and errands
___Car maintenance
___Other

Medical
___Preparing for visits
___Accompanying
___Tracking details
___Other

Resource/delegating
___Medicare/Medicaid/
Insurance
___Track MD visits
___Staying in touch
___Finding options
___Other

Meals
___Grocery shopping
___Cooking (delivering)
___Helping with eating
___Dishes
___Other

Telephone
___Calling to check in
___Medication reminders
___Telephone tree
___Other

Reading/writing
___ Recording life story
___ Reading books/papers
___Letters/cards/mail
___Other

Medications
___Remembering
___Procuring
___Coordinating
___Tracking
___Other

Friendly companionship
___Social outings
___Visits in hospitals
___Talking/visiting
___ Personal shopping
___Other

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