



Helping: What Can I Offer to Do?

We all need to help others. Most of us like to ... as long as we're not asked for, or offering to do, too much. Only we can decide what to offer to whom, how, and when. Think of what you like to offer. Keep the list handy so when you are asked or feel drawn to assist you do so with a freedom of choice. Having limits is yours to do, and saying "no" is sometimes the best you can do.

Name: _____

Address: _____

Phone: _____ Email: _____

Availability: Best days and times for? _____

- 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

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

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

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

- Household chores
 Light house cleaning
 Windows/floors

- Cleaning refrigerator
 Laundry

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

- Telephone
 Calling to check in
 Medication reminders
 Telephone tree
 Other

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

- Medications
 Remembering
 Procuring

- Coordinating
 Tracking
 Other

