

Figuring Out the Tasks

Help With...	Tasks: Do you want help...	Related Issues: Do you want...	Comments
<i>Groceries</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Making grocery lists <input type="checkbox"/> Getting in the store, around the aisles, out of the store <input type="checkbox"/> Picking the groceries <input type="checkbox"/> Paying <input type="checkbox"/> Carrying the groceries to the car and into the house <input type="checkbox"/> Unpacking the groceries <input type="checkbox"/> Deciding how much to spend <input type="checkbox"/> With everything 	<ul style="list-style-type: none"> <input type="checkbox"/> Someone to patiently and calmly follow along while you shop <input type="checkbox"/> Someone to shop along with you <input type="checkbox"/> Conversation while you are shopping <input type="checkbox"/> Someone to talk to the store clerks for you if you have a problem or need help finding an item <input type="checkbox"/> Someone to handle the payment at check out 	

		<ul style="list-style-type: none"> <input type="checkbox"/> To do shopping on a regular schedule <input type="checkbox"/> To buy only specific brands or specific product sizes 	
<i>Preparing meals and cleaning up</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Getting a list of organizations that deliver meals <input type="checkbox"/> Calling to set up delivery <input type="checkbox"/> Creating menus for homemade meals and making sure the right food is in the house <input type="checkbox"/> Deciding what to eat for each meal <input type="checkbox"/> Deciding when to eat 	<ul style="list-style-type: none"> <input type="checkbox"/> Formal, elaborate or simple, quick meals <input type="checkbox"/> To supervise either meal preparation or clean up or to be uninvolved <input type="checkbox"/> Any specific cooking or cleaning procedures followed <input type="checkbox"/> Conversation while meals are being prepared or put away 	

	<ul style="list-style-type: none"> <input type="checkbox"/> Cooking the entire meal <input type="checkbox"/> Preparing or cooking the part of the meal you do not enjoy handling <input type="checkbox"/> Setting the table <input type="checkbox"/> Serving the meal <input type="checkbox"/> Clearing the table <input type="checkbox"/> Washing the dishes <input type="checkbox"/> Drying the dishes <input type="checkbox"/> Putting the dishes away 		
<i>Eating</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Getting to and leaving the table <input type="checkbox"/> Cutting food 	<ul style="list-style-type: none"> <input type="checkbox"/> To eat in a certain place <input type="checkbox"/> To eat at certain times <input type="checkbox"/> Conversation while you are eating 	

		<ul style="list-style-type: none"> □ Any topics to be off limits □ To listen to the radio or television while eating □ To follow any eating rules □ Helpers to eat with you or separately □ Helpers to bring their own food □ Helpers to keep their food in the refrigerator 	
<i>Taking medication</i>	<ul style="list-style-type: none"> □ Checking to see that your medicines are current and that you have enough 		

	<ul style="list-style-type: none">□ Calling the doctor if medicines run out or are out of date□ Calling the doctor if a medicine creates problems□ Transferring medicines into daily dispensers□ Putting the dispenser out where you will see it and remember to take the medicine□ Being reminded when to take which medicine		
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	<ul style="list-style-type: none"> □ Being given the correct medicine at the correct time □ Giving prescribed injections □ Being reminded about over the counter medicines, drinking, or other activities that may counteract your medicine 		
<i>Laundry</i>	<ul style="list-style-type: none"> □ Making sure laundry supplies - detergent, fabric softeners – are always stocked 		

	<ul style="list-style-type: none"> □ Moving the laundry from a basket to the laundry room □ Sorting the laundry □ Washing, drying, and folding □ Ironing □ Putting the clean laundry on the bed or back in the correct place 		
<i>Garbage</i>	<ul style="list-style-type: none"> □ Replacing liners in the trash cans □ Emptying the trash and moving the bags to the garage or pick up point 		

	<ul style="list-style-type: none"> <input type="checkbox"/> Taking trash you have emptied to the pick up point <input type="checkbox"/> Separating recycling from trash <input type="checkbox"/> Carrying the recycling bin to the pick up point 		
<p><i>Companionship</i></p>	<p>Do you want someone...</p> <ul style="list-style-type: none"> <input type="checkbox"/> To sit with you and chat while you eat, watch television, or work around the house <input type="checkbox"/> To plan outings for the two of you 	<ul style="list-style-type: none"> <input type="checkbox"/> What are your skills or interests? <input type="checkbox"/> Do you have something you want to accomplish? <input type="checkbox"/> Are there times of the day or specific activities that are lonely for you? 	

	<ul style="list-style-type: none">□ To go for walks or outings with you□ To be in the house but not spend much time chatting with you□ To read to or with you□ To go to the movies, museums, parks, meetings, presentations or other destinations□ To talk about the daily news, neighborhood gossip, politics, arts, or other specific topics		
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	<ul style="list-style-type: none"> <input type="checkbox"/> To go through photographs and put them in albums <input type="checkbox"/> To clean out an attic or closets to sort through your belongings or memorabilia 		
<p><i>Toileting, bathing, grooming, hygiene</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Getting into and out of the bathroom <input type="checkbox"/> Getting on or off the toilet <input type="checkbox"/> Completing your toileting <input type="checkbox"/> Getting into the shower <input type="checkbox"/> Assuring that you don't slip while you are in the shower 	<ul style="list-style-type: none"> <input type="checkbox"/> Do you prefer a man or woman to help you? <input type="checkbox"/> Are you more comfortable with a stranger, friend, or family member helping you with these tasks? 	

	<ul style="list-style-type: none"> <input type="checkbox"/> Washing while you are in the shower <input type="checkbox"/> Washing your face at the sink <input type="checkbox"/> Putting on and taking off make up <input type="checkbox"/> Brushing your teeth <input type="checkbox"/> Combing your hair <input type="checkbox"/> Washing your hair 	<ul style="list-style-type: none"> <input type="checkbox"/> What is it about being helped with toileting or grooming that makes you uncomfortable? <input type="checkbox"/> What can you tell me that will help me find someone who will do the things you need done in a way that makes you as comfortable as possible? 	
<i>Pet care</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Walking the pet <input type="checkbox"/> Feeding and watering the pet <input type="checkbox"/> Cleaning up after the pet, inside or out 		

	<ul style="list-style-type: none"><input type="checkbox"/> Getting the pet ready to go to the vet<input type="checkbox"/> Taking the pet to the vet<input type="checkbox"/> Staying with the pet if your parent is out of town or in the hospital		
<i>Others?</i>			