

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 <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 	<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 	

	<input type="checkbox"/> Deciding what to eat for each meal <input type="checkbox"/> Deciding when to eat <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>	<input type="checkbox"/> Getting to and leaving the table <input type="checkbox"/> Cutting food	<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 <input type="checkbox"/> Any topics to be off limits <input type="checkbox"/> To listen to the radio or television while eating <input type="checkbox"/> To follow any eating rules <input type="checkbox"/> Helpers to eat with you or separately <input type="checkbox"/> Helpers to bring their own food <input type="checkbox"/> Helpers to keep their food in the refrigerator	

<p><i>Taking medication</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Checking to see that your medicines are current and that you have enough <input type="checkbox"/> Calling the doctor if medicines run out or are out of date <input type="checkbox"/> Calling the doctor if a medicine creates problems <input type="checkbox"/> Transferring medicines into daily dispensers <input type="checkbox"/> Putting the dispenser out where you will see it and remember to take the medicine <input type="checkbox"/> Being reminded when to take which medicine <input type="checkbox"/> Being given the correct medicine at the correct time <input type="checkbox"/> Giving prescribed injections <input type="checkbox"/> Being reminded about over the counter medicines, drinking, or other activities that may counteract your medicine 		
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<p><i>Laundry</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Making sure laundry supplies - detergent, fabric softeners – are always stocked <input type="checkbox"/> Moving the laundry from a basket to the laundry room <input type="checkbox"/> Sorting the laundry <input type="checkbox"/> Washing, drying, and folding <input type="checkbox"/> Ironing <input type="checkbox"/> Putting the clean laundry on the bed or back in the correct place 		
<p><i>Garbage</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Replacing liners in the trash cans <input type="checkbox"/> Emptying the trash and moving the bags to the garage or pick up point <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 <input type="checkbox"/> To go for walks or outings with you <input type="checkbox"/> To be in the house but not spend much time chatting with you <input type="checkbox"/> To read to or with you <input type="checkbox"/> To go to the movies, museums, parks, meetings, presentations or other destinations <input type="checkbox"/> To talk about the daily news, neighborhood gossip, politics, arts, or other specific topics <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 belongings or memorabilia 	<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? 	
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<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 <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"/> 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? <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? 	
<p><i>Pet care</i></p>	<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 <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>			
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