

SOMETIMES I NEED HELP

*Being a caregiver can be hectic and isolating sometimes.
It's difficult for me to ask for help, but I can always use a hand!
Here are some things that I could use help with:*

- ♡ Yard work: shoveling, cutting the grass, raking leaves
- ♡ Feed me: make me nutritious snacks and freezer meals
- ♡ Sit with my loved one while I do some quick errands
- ♡ Help me apply for programs or medical benefits
- ♡ Help with our family pets: walking, feeding, grooming
- ♡ Plan a night out for me that includes care for my loved one
- ♡ Take my kids to a park, pool or arrange other fun day trips
- ♡ Sit with me: keep me company, listen without judgement
- ♡ Help me do research and let me know about support groups
- ♡ Help me with my piles of paperwork
- ♡ Help me hire people to work in my home with my loved one
- ♡ Attend appts. with me & take notes so I don't forget anything
- ♡ Plan a coffee date with me, a spa day or night at the movies
- ♡ _____
- ♡ _____