

You Said, 'Let Me Know If You Need Anything'

Here's the list.

People often want to help but do not know what to offer. Check the things that would make life a little easier, then share this page with someone you trust.



1. Practical Help

- ☐ Bring a prepared meal
- ☐ Pick up groceries
- ☐ Pick up medication or supplies
- ☐ Drive someone to an appointment
- ☐ Return library books or packages
- ☐ Take care of one specific errand
- ☐ Help with paperwork or phone calls



2. Home and Family

- ☐ Do a load of laundry
- ☐ Wash dishes or tidy the kitchen
- ☐ Take out garbage or recycling
- ☐ Walk or care for a pet
- ☐ Help with childcare
- ☐ Mow the lawn or shovel snow
- ☐ Sit with the person I support while I complete another task



3. Support for Me

- ☐ Bring me coffee or something to eat
 - ☐ Sit with me without trying to fix everything
- Let me vent without judging
- Check in by text
- Come with me to an appointment
- Give me a short break
- Help me make a list or plan

4. Something Specific

What would help most right now:

The best day or time:

Please contact me by: Call / Text / Email

A message you can send:

"Thank you for offering to help. What would make the biggest difference right now is _____."

Would you be able to help with that?"

Specific help is easier to accept, and easier to give.

Caregiver Corner

caregivercorner.ca

This worksheet is a general planning tool and does not replace medical, legal, financial or emergency advice.