

JOBS THAT ARE QUICK TO DO

It is the little things that add up when someone is ill, overwhelmed by their normal routine or when a difficult situation has presented itself. So often many of the smaller daily chores can end up on the bottom of the caregiver's list of priorities. Perhaps you can help out with one of these tasks. Asking for their input regarding which of these might be most helpful is important. You may even be able to incorporate one or two of them into a visit.

WHEN YOUR HELP MAY BE NEEDED:

- ☛ Neighbor caring for elderly parents and working full time
- ☛ Friend spending weekends out of town caring for a loved one recovering from a serious illness
- ☛ Relative whose young child is recovering from major surgery

BECAUSE YOU CARE:

- ☛ Ask permission first/call before you visit
- ☛ Respect their boundaries
- ☛ Encourage them to add things to the list as their needs or circumstances change

*You have not lived a perfect day...unless you have
done something for someone who will
never be able to repay you.*

RUTH SMELTZER



JOBS THAT ARE QUICK TO DO

- Water plants
- Feed and walk pet(s)
- Light dusting
- Sweep or vacuum
- Clean bathroom
- Straighten kitchen
- Run or empty the dishwasher
- Take out the trash/recycling to curb or drop-off point
- Program the VCR and write out simple instructions
- Program the telephone with family and emergency numbers
- Change batteries in smoke and carbon monoxide detectors
- Recharge fire extinguishers
- Replace burnt-out light bulbs
- Change the time on all household clocks, personal watches, appliances, computers, and automobiles for Daylight Savings Time

