

“Honey Do” List: for those ‘if there’s anything I can do’ moments

Things I need help with

Sit with my loved one, so I can go for groceries; get to place of worship

Mow the lawn or shovel the driveway

Drive to big specialist’s appointment

Come over for dinner....but bring the dinner!

Light housekeeping

Take my loved one for a walk, so I can have some “me” time

Call XYZ agency, as I don’t know what they want

Help filling out paperwork

A five minute chat once a week

Laundry

Remember who we are is not “diagnosis & caregiver”

Help ‘spring cleaning’

Just a hug

(Add your own!)

