



Farm It Out!

Here's a list of a various jobs that need to be handled – take a look and see if you can assign a task to someone who would be well suited and dependable (this is key). Then decide the timing and frequency of their help and you are on your way to some valuable rest and recovery. You decide the tasks that need to be done and what can realistically be done by others. Then don't be shy when people offer to help – here's a menu to choose from!

Daily Life

- Meal Prep – precooked meals frozen or fresh ingredients prepared and ready to cook
- Hair appointments – travel and time spent in the salon
- Driving – simple outings to enjoy the scenery or a destination/appointment
- Companionship – play a game, do a craft, watch a program, listen to music
- Activities/Social Events – planning, organizing and managing events weekly or monthly
- Shopping – regular items – milk, bread, eggs, coffee/tea, paper towels – a standing order

Housekeeping

- Laundry – personal and bedding
- Cleaning: bathrooms, kitchen, sweep porches, windows
- Vacuuming
- Load and unload dishwasher

Home Care

- Lawn care – cutting, edging, weeding, planting flowers, trimming hedges, dog poop patrol
- Snow – removal
- Maintenance needs – clean gutters, check furnace filters, manage water softener

Financial

- Bill paying
- Organize taxes
- Real estate issues
- Banking needs, investment planning
- Insurance – home, health, auto

Medical

- Scheduling and attending/transportation to appointments for:
 - Medical
 - Therapy
 - Dental
 - Optical, Hearing Aids (batteries)
- Organizing weekly pill boxes with daily doses



The Caregiver Coffeebreak with Breeda Miller

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