

## Preferences for Care - [Steve's availability](#)

Below is a list of care tasks, with a short description of each. Many people have preferences for the family, friends, and service providers they want to help them with certain tasks. By reviewing the list below, you can begin to identify the areas where you might want and need more assistance with. Then, you can identify people and resources to help with certain tasks.

<b>TASK</b>	<b>DESCRIPTION</b>
Shopping <a href="#">Steve</a>	Shopping for groceries, clothes, and so on
Housework <a href="#">Steve</a>	<b>Housework (cleaning, etc.) or yard work (raking or mowing, etc.)</b>
Laundry <a href="#">Steve</a>	Washing, folding, and putting away clothes
Cooking <a href="#">Steve</a>	Cooking or preparing meals
Health Appointments (Tom)	Health or medication appointments (doctor, dentist, eye doctor, and other health appointments)
Medical decisions (Anne/Tom)	Making medical decisions for procedures, tests, treatments, etc
Medications <a href="#">Steve</a>	Picking up medication from pharmacy, organizing medication, taking appropriate medications at the appropriate time
Transportation <a href="#">Steve</a>	Getting you to where you need to go
Finances (Tom)	Managing your finances (paying the bills, managing bank accounts, insurance, investments, retirement income, and so on).
Legal matters (Tom)	Handling legal matters (wills, healthcare power of attorney, advance directives, estate planning, etc)
In/out of bed	Getting in and out of bed
Night help	Needing help during the night (going to the bathroom, waking up, trouble falling back asleep, needing a nighttime snack)
Dressing	Choosing clothes, dressing, and undressing
Hygiene	Maintaining overall cleanliness and health (skin care, toe nail care, hair, teeth, etc)

Bathing	Preparing bath, getting in and out of tub/shower, bathing and/or showering
Toileting	Going to the bathroom
Eating	Eating meals and getting appropriate nutrition
Support <a href="#">Steve</a>	When you need companionship, someone to talk to, emotional support
Activities <a href="#">Steve</a>	Doing activities that you enjoy (hobbies, socializing, exercising, etc)
Spirituality <a href="#">Steve</a>	Maintaining connection to things such as nature, the arts, quiet time, and/or religious practices
Music and art <a href="#">Steve</a>	Listening to music and/or engaging in enjoyable art activities.
Puzzles <a href="#">Steve</a>	Doing puzzles
Photo albums <a href="#">Steve</a>	Making and/or looking a photos and discussing memories
Book Group and discussion <a href="#">Steve</a>	Reading or listening to audiobooks and talking about content of book
Games/cards <a href="#">Steve</a>	Playing enjoyable games. One party/group game that involves picture matching is ( <a href="#">Spot It!</a> )
Discussion of current events and/or reminiscing activities <a href="#">Steve</a>	Talking about current events and past memories (ie, growing up, historical events that impacted the person growing up, etc)
Discussions of travel, cooking, recipe sharing, etc. <a href="#">Steve</a>	Talking about a person's interests
<b>Gardening</b> /physical activities <a href="#">Steve</a>	Engaging in activities that are enjoyable for the person - <b>road walks, yoga positions</b> , etc.
Technology assistance	

## **Sources of Support**

Sources of Support include the individuals and resources that aid in your overall health and wellbeing. Family and friends are huge providers of support. Additionally, it can be helpful to think about other individuals and services that can serve as sources of support. Identifying multiple sources of support can help ensure that you are well supported, while also being mindful of the needs of those providing care.

List the individuals/agencies/resources that would fall under each source of support.

**Immediate Family:**

**Friends:**

**Other relatives:**

**Neighbors:**

**Faith Community Members:**

**Social Service Organizations:**

**Healthcare Providers:**

**Caregivers/in-home helpers:**

## **Sources of Support in the Future**

Using the space below, try to list the people and service providers that you would like to be included in your care.

Example: My spouse can help with taking me to doctor appointments.

Example: A paid caregiver can help with showering.

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