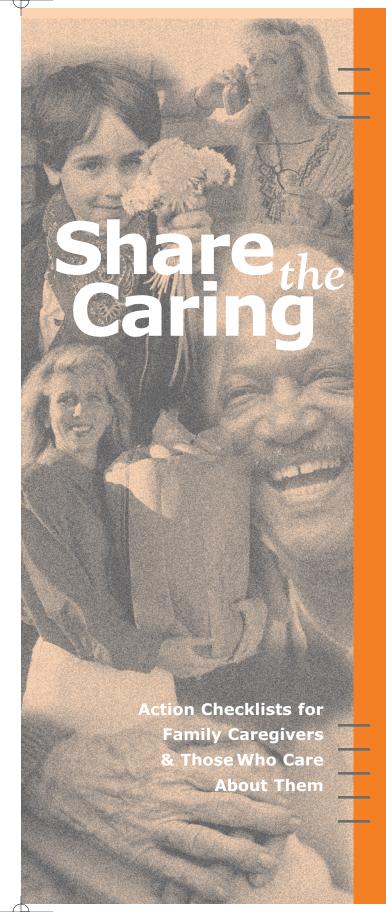


800/896-3650 www.thefamilycaregiver.org

NFCA is the nation's leading constituency organization for family caregivers. NFCA educates, supports, empowers, and speaks up for the more than 50 million Americans who care for loved ones with a chronic illness or disability, no matter what their age or diagnosis.

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A night out with friends	Dinner and movies on me
A ride to doctor appointments	A regular ride at a pre-assigned time
Someone to mow the lawn and shovel the snow	A lawn mowed/a driveway shoveled
Dinners prepared	A meal prepared [] times a week
Insurance forms filled out and filed	Help with insurance or other paperwork
A shoulder to cry on	A shoulder to cry on
The house cleaned	A maid brigade once a [
The shopping done	Grocery shopping every []
Help with paying the bills	A [\$] check
A weekend away	A prearranged weekend get away
A regular home care aide	Coordinating a volunteer team to help of with specific caregiving tasks
Someone to ask how I am	A weekly phone call
More information on available resources	Resource research
A neighbor or two I can call in an emergency	My availability and desire to help out w necessary
Some quiet time alone at home	Taking [] out for a few ho
A handyman	A couple of hours of my tools and time
A sitter for [my spouse/parent/child so I can go to [].	Some of my time to stay with [
Understanding that we're the same people we used to be but our family's needs have changed	A real desire to be your friend, to stand by you and to understand as best I can how to participate in your changed life
Pick up prescriptions and other healthcare items	Run errands
Help with car repairs	A pick-up at the garage and an offer to chauffeur for a day or two
Other help I need:	Other help I can offer: