

## Appendix C

### List of Possible Care Needs

Provide meals	Home repairs
Drive to appointments	Pet care
Grocery shop	Haircut
Housecleaning	Sit with person
Yard Work	Tutor children
Child Care	Snow removal
Drive children	Laundry
General shopping	Pet care
Hospital visits	Birthday party for child
Paperwork help	Take child to dentist or other appt.

### Little Way Help Suggestions

Bring fresh flowers	Help put on make up
Share some music	Take their child on outing
Share a movie	Watch a sport event with them
Give fun clothes or accessories	De-clutter with them
Help with Christmas cards/letters	Help with thank you notes
Help with photographs	Play soothing music
Bake cookies	Go to post office for them
Video or take pictures of a special event	
Let them know you are available to listen	
Let them know it is ok to cry and be willing to cry with them	
Send a greeting card	
Take them on a drive	
Start a prayer group to pray for them	
Christmas shopping	
Phone calls make or take	
Spare cash /gift card/gas card	
Complement another <i>Share the Care</i> group member	
Call on your way to store for last minute needs	
Get together with other <i>Share the Care</i> group members to let out some feelings	
Write a poem or letter to them	
Redecorate a room	
Take out the garbage	
Give a pedicure/manicure	
Give a massage	
Go to dry cleaners	
Put together gift basket of reading material, bedside supplies, etc.	
Easy read material	
Give them time alone	