

## THINGS YOU CAN HELP ME WITH TODAY

*(Try to indicate days or times that coordinate with your schedule)*

### MEALS

- Set up an online meal signup site
- Consider meals for the caregiver/family
- Define meal needs/restrictions for the patient
- Gift cards for grocery stores or drive through restaurants
- Set up an online grocery delivery service
- Request water bottles, Gatorade, protein drinks, coffee
- Take the Caregiver out for a quick meal
- Determine time and frequency of delivered meals, or assign someone to monitor this

### FINANCIAL HELP

- Cash
- Gift cards for cash, food, medical supplies, travel
- Organize my bills
- Set up a budget
- Organize and set up Tax Forms

### IN THE HOSPITAL

- Bring or purchase a meal
- Give a packet of notecards
- Provide a book of stamps
- Give a coin purse of quarters for laundry or vending machines
- Provide a gift card for food or gas
- Purchase or make a keepsake that provides hope
- Bring or purchase a portable phone charger
- Provide a travel coffee mug and/or water bottle
- Bring snacks
- Offer to make phone calls
- Take back excess items home that are not needed
- Bring items from your home (mail or change of clothes)
- Stay with patient to allow for Caregiver time away to rest or shop
- Offer to take home or do laundry
- Provide a beautiful, small and lightweight Journal
- Give a beautiful pen
- Provide a lightweight pouch for paperwork and journal