

FILLED OUT BY:

DATE:

Different people will have different skills and preferences for how they help out. Help may not always involve direct caregiving. Someone who is willing to cut the grass every week frees up your time or money to use in another way.

Enlisting the help of volunteers will allow you to diversify your support system but will also require flexibility and coordination on your part. The below chart can help you decide who you can ask, what job that person can do, and what the time commitment would be.



CONTACT (Phone or Email)

TIME COMMITMENT

tom@email.com

Once a week, 90 minutes

555-1212

Once a week, 10 minutes

sally@email.com

Once a week, 2 hours