

HOW TO HELP

CHECKLIST

Your loved one is home, and everyone is asking how they can help. But figuring out what to delegate—and to whom—can feel overwhelming.

That's where this checklist comes in. It's a **practical supplement to the How to Help (H2H) Action Book**, designed to help you quickly identify tasks and share responsibilities.

💡 **This is an additional resource, not a replacement for the book.** The H2H Action Book provides the full step-by-step process for navigating your role as a care partner. Use this checklist alongside it to take action right away.

Inside, you'll find **ready-to-use lists** of tasks that can be delegated to friends, family, or trusted helpers. Fill out the sections that apply to you, so when someone offers help, you're prepared to say, "Yes, here's what I need."

How To Help Checklist: Primary Care Partner

First off, take a deep breath. You're navigating one of life's toughest challenges, and feeling overwhelmed is okay. This checklist isn't just a list of tasks; it's a roadmap for accepting help.

Here's how you can make the most of this guide.

1. Reflection Time

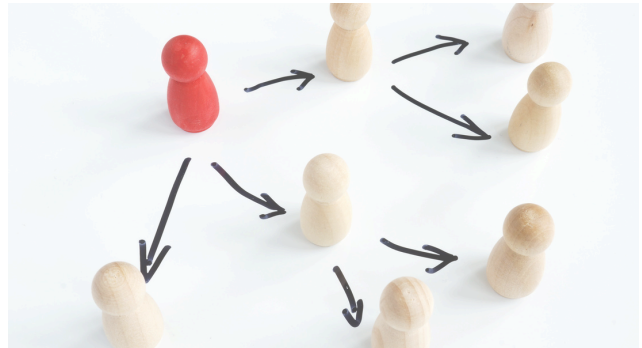
Sit down with this PDF. Let it be a mirror to your thoughts, reflecting all that you and your loved one need right now. Scribble, jot, pour it all out—everything from grocery runs to those precious moments you need for self-care.

2. Focus on What Matters Most

When everything feels urgent, it's easy to get stuck in overwhelm. Instead of trying to do it all, start with three simple categories:

- **◆ Must-Do Today:** Tasks that can't wait—like medications, meals, or urgent calls.
- **👉 Can Be Shared:** Things someone else can take over—grocery runs, childcare, house chores.
- **⌚ Can Wait:** Tasks that aren't urgent and can be handled later.

You don't have to juggle everything alone. Prioritizing this way helps you see what truly needs your attention and what you can delegate, making space for what matters most.



3. Delegate with Trust

Hand over this PDF to someone you trust deeply. Let them step in and take tasks off your plate so you can focus on what truly matters.

4. Communicate Your Needs

List names, phone numbers, and emails. If sorting through contacts feels overwhelming, pass the phone to a trusted person. Let them handle scheduling and rallying support.

5. Perfection vs. Realism

Perfectionism can be a barrier to getting help. Decide what you can let go of—laundry, meals, tidying—and use dictation for specific instructions.



For the Trusted Helper: Welcome Aboard!

Think of this PDF as your compass, guiding you through the many ways you can offer support.

1. Be the Unwavering Support

Understand that acceptance of help comes in waves. Be patient yet persistent. Your offer to assist is not just about the task at hand but about providing a sense of normalcy and relief.

2. Initiate Action

Don't wait—step in and take action. Use this checklist as a guide, and handle what you can. Small efforts, like meals, errands, or organizing, make a big impact.

3. Communicate Clearly and Kindly

Whether sorting the fridge or picking up medication, ask for instructions and then act on them. Use technology to your advantage. Dictation can be a powerful tool for ensuring things are done just right.

4. Customize Your Approach

Everyone has their preferences. Pay attention to these details. They matter, especially now. Whether it's avoiding another casserole situation or knowing which errands are most appreciated, tailor your help to fit.

The Takeaway

As a trusted helper, you're doing more than assisting—you're restoring a sense of normalcy in a time of upheaval. Your support, no matter how small, brings relief and stability to someone navigating an overwhelming season.

To the spouses and helpers alike, remember:

This journey is not meant to be walked alone. Lean on each other, communicate openly, and let this guide be a beacon of support and understanding. Together, you can navigate this.



I Need Help With...

If you check a box, click for more resources related to this task to distribute to the person you're delegating this task to.

- ☐ **GROCERY SHOPPING**
- ☐ **MEAL PREPARATION**
- ☐ **MEAL PLANNING**
- ☐ **LAUNDRY**
- ☐ **HOUSEHOLD CHORES**
- ☐ **ERRAND RUNNING**
- ☐ **TRANSPORTATION**
- ☐ **APPOINTMENT SUPPORT**
- ☐ **PWA SUPPORT**
- ☐ **CHILD CARE**
- ☐ **PET CARE**
- ☐ **RESPIRATORY CARE**
- ☐ **RESEARCH & ORGANIZING**

RESOURCES FOR HIRE

- Pet Walker
 - [Rover](#)
 - [Wag](#)
- Babysitter / Respite
 - [Care.com](#)
- Grocery Delivery or Curbside
 - Local Grocery Store
 - [Instacart](#)
 - [Uber Grocery](#)
 - [Amazon](#)
 - [DoorDash Grocery](#)
- Professional Cleaner
- Handyman
 - [Thumbtack](#)
 - [TaskRabbit](#)
 - [Angie's List](#)



Grocery List

PRODUCE

DELI

MEAT MARKET

MEAT MARKET

DAIRY

GROCERY

OTHER

Meal Preparation

Have this filled out so it's ready to quickly provide to anyone offering to bring a meal by:

MY ADDRESS

PREFERRED DROP-OFF TIME

MY PHONE NUMBER

DIETARY RESTRICTIONS

OTHER INSTRUCTIONS

You can delegate meals to others in a few different ways:

1

INDIVIDUAL MEALS

If someone asks to bring a meal by, you can send them this

2

MEAL TRAIN

Set up a “meal train” to receive consistent meal deliveries. You can use a platform like [MealTrain.com](https://www.mealtrain.com) or a google sheet like [this one](#) on Etsy to easily organize.

3

DELEGATE FOOD PICK-UP

You can order from your favorite restaurant, and ask someone to pick it up for you. Simply provide them the pick-up time.

Meal Planning

Cooking yourself? Have someone help you meal prep for the week by planning out your meals for each day, and filling out the grocery list above.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST OPTIONS

LUNCH OPTIONS

Laundry

Have these filled out and ready to go when somebody helps out with your laundry.

WASHING

☐

SORT BY COLOR

☐

NO PREFERENCE

SPECIAL WASHING INSTRUCTIONS

DRYING

☐

USE DRYER

☐

AIR DRY

☐

OTHER

SPECIAL DRYING INSTRUCTIONS

Household Chores

Check the boxes of areas you need help with, and fill out the box with any specific details relating to the task.

KITCHEN

- ☐ Emptying / Loading Dishwasher
- ☐ Hand wash Dishes
- ☐ Clean Stove / Oven
- ☐ Clean Out Fridge
- ☐ Take Out Trash
- ☐ Surface Cleaning
- ☐ Other:

BEDROOM / BATHROOM

- ☐ Make The Bed
- ☐ Fold towels or Linens
- ☐ Clean Shower
- ☐ Clean Toilet
- ☐ Clean Sinks / Counter / Mirror
- ☐ Other:

VACUUM / MOP FLOORS

- ☐ Kitchen
- ☐ Living Area(s)
- ☐ Bedroom(s)
- ☐ Office
- ☐ Bathroom(s)
- ☐ Other:

PHYSICAL LABOR

- ☐ Rearrange Furniture
- ☐ Install / Set-Up Device
- ☐ Other:

YARD WORK

- ☐ Mow the Lawn
- ☐ Weed Whacking
- ☐ Weed Pulling
- ☐ Other:

REPAIRS

- ☐ Repair / Fix:
- ☐ Replace Light Bulbs
- ☐ Touch Up Paint
- ☐ Recaulk Sinks, Showers, etc
- ☐ Other:

OTHER TASKS

- ☐ Water Plants
- ☐ Other:

SPECIAL INSTRUCTIONS

Errand Running

Picking up groceries, medication, or other essentials can be a huge help, allowing you to focus more on care and less on logistics.

☐ **ONE-TIME**

☐ **RECURRING** *Frequency:* _____

ERRAND:

ADDRESS:

DETAILS:

☐ **ONE-TIME**

☐ **RECURRING** *Frequency:* _____

ERRAND:

ADDRESS:

DETAILS:

Transportation

Driving to and from appointments can be very time consuming! With likely being many new appointments on the horizon with this diagnosis, delegate transportation to a friend or family member who you trust.

☐ **ONE-TIME**

☐ **RECURRING** *Frequency:* _____

APPOINTMENT TYPE:

DATE:

TIME:

DOCTOR:

ADDRESS:

DETAILS:

Appointment Support

Assist with Medical Appointments: Taking notes during appointments or helping to communicate your partner's needs and concerns to healthcare providers.

APPOINTMENT TYPE:

DATE:

TIME:

DOCTOR:

ADDRESS:

NOTES:

Communication Support

☐ **COMMUNICATION PRACTICE**

Friends can help with prescribed speech therapy exercises if willing and able. A professional should guide this to ensure it's beneficial. If your speech therapist is able, you could bring the helping person along to get first hand instruction when doing these speech therapy exercises.

☐ **COMPANIONSHIP**

Spending time with your partner and engaging in simple activities or conversations can provide you with some respite and offer valuable social interaction for your partner. This is extremely valuable especially when the person socializing is a family member or close friend. The helper will be able to understand aphasia, provide support for the caregiver, help facilitate discussions between other family members/friends, and can strengthen their connection to the person with aphasia.

OTHER / NOTES

Child Care

MY PHONE NUMBER:

EMERGENCY CONTACT:

EXPECTED RETURN:

SPECIAL INSTRUCTIONS:

Pet Care

PET NAME:

AGE:

FEEDING: ☐ 1X DAY ☐ 2X DAY ☐ 3X DAY

Time(s) _____ Amount _____

Other feeding instructions:

ALLOWED ON:

FURNITURE

☐ YES

☐ NO

BED

☐ YES

☐ NO

☐ YES

☐ NO

OUTINGS: *Potty breaks* _____ *times per day*

Other outing instructions:

OTHER NOTES:

Respit Care

Offering to stay with your partner for a few hours to give you a break can be invaluable. This time can be used for self-care, running errands, or resting.

MY PHONE NUMBER:

EMERGENCY CONTACT:

EXPECTED RETURN:

NOTES:

Research & Organizing

An aphasia diagnosis will likely bring with it the need for time consuming research. Enlisting those you trust to help you with researching and organizing appointments can be incredibly beneficial. Here are some ideas:

- **Research and Information Gathering:** Looking up resources, new treatments, or support groups for aphasia can be time-consuming. A third party could help find helpful information.
- **Support Group Coordination:** Help in finding and coordinating participation in support groups for both you and your partner with aphasia. This could include virtual or in-person groups.
- **Appointment Scheduling:** Calling doctors, making appointments, rescheduling appointments.
- **Sorting and Organizing:** Tasks like sorting mail, organizing books, or decluttering common areas can be done with little instruction and can make your space feel more manageable.

I NEED HELP WITH:

DETAILS: