Everyday Magic

Provide emotional support

- Be present and listen
- Check in regularly (text, call, visit)
- Sometimes hard to make decisions alone. Need sounding board.
- Do you want me to listen or help you brainstorm solutions?
- Notes, postcards, letters of encouragement
- Advocate for them
- Celebrate small victories/accomplishments
- Suggest music, movies, shows, books, etc./watch together

Provide practical support

- Meals
- Daily tasks
- Home maintenance
- Pet assistance (feed/walk/transport/meds)
- Transportation
- Organize calendars

Household care

- Cleaning
- Decluttering
- Lawn or garden care
- Simple home repairs
- Water plants
- Laundry
- Clean out refrigerator
- Change batteries in remotes, smoke detectors, etc.
- Change lightbulbs

Financial Support

- Paying bills
- Buying groceries
- Gas cards or bus tokens
- Food gift cards
- Pay for subscriptions

Errands

- Grocery shopping
- Other shopping
- Post office
- Exchanges and returns
- Pick up prescriptions

Other

- Budgeting
- Bill paying
- Making appointments
- Filling out forms
- Figuring out legal issues
- Car maintenance (tires, oil change)
- Tech support
- Help make a to-do list
- Massage

> "Great opportunities to help others seldom come, but small ones surround us every day."
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> – Sally Koch