

1. Remind me to take my medication
2. Cook my meals for me
3. Drive me to the grocery store
4. Run errands for me
5. Wash, fold, put away laundry
6. Fix me a snack or a drink
7. Tidy up around the house
8. Help me get dressed
9. Help me shower
10. Help me get ready for the day
11. Take me to the doctor
12. Make jewelry together
13. Sort beads or craft supplies
14. Play cards
15. Help me grow an herb garden
16. Put together a puzzle
17. Look at magazines or cut out pictures to make a collage
18. Vacuum the house
19. Organize my pantry
20. Clean out the refrigerator
21. Read to me
22. Check the mail
23. Open and read my mail to me
24. Help me clean out my closet
25. Help me organize recipes for a cookbook
26. Take me to the salon/barber
27. Help me organize old photos
28. Help me do a crossword puzzle or word search
29. Do chair yoga with me
30. Take me to the art festival or a craft fair
31. Organize the linen closet
32. Help me write a letter
33. Go on a walk with me
34. Take me for a manicure/ pedicure
35. Watch a movie with me
36. Help me with my crafts
37. Take me to the library
38. Clean out the medicine cabinet
39. Take me to the park
40. Take me to the movies
41. Play a board game
42. Sweep the front porch
43. Bake a cake
44. Try a new cookie recipe
45. Listen to music with me
46. Paint my fingernails
47. Take me on a picnic
48. Visit the zoo
49. Visit a museum
50. Read newspaper/stay up to date on current events
51. Go to the theater
52. Take me out to eat
53. Try a new restaurant
54. Take me shopping
55. Take me to the beach
56. Wash the throw blankets
57. Visit the farmer's market
58. Help me meal plan
59. Try new recipes
60. Help me stretch
61. Go antiquing
62. Take me to a seminar
63. Help me get rid of clutter
64. Dust
65. Take me to yard sales
66. Help me clip coupons
67. Take me to see the sunrise or sunset
68. Color with me
69. Polish my silver
70. Wash the throw rugs
71. Decorate for a holiday
72. Help me with my cell phone or tablet
73. Bible study
74. Help me iron
75. Watch sports with me
76. Have a tea party
77. Keep me company
78. Take me to church
79. Take me for a drive
80. Play trivia with me

# 80 THINGS A SENIOR PARTNER CAREGIVER CAN DO

**When the senior in your life needs more care than you can provide, Senior Partner Care Services offers the extra assistance to maintain your peace of mind.**

**Senior Partner helps clients continue to live safely and independently at home by providing them with a reliable and affordable source of high quality, non-medical home care.**

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