

The Help Menu (sample things, make it your own!)

**I have left monetary support out of this help menu list because there are other, better places to figure that stuff out. Stuff on this list is voluntary help provided and designed to hopefully be reciprocal.*

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Executive function support

Supported	Supporter
Help me create shopping lists	I can help you systematically decide what is needed.
Perform errands with me	I can drive you or accompany you on public transport for XX number of hours / minutes on *this* day to run errands – I can do this one time / for one month / continually.
Perform errands without me	I can run XX number of minutes worth of errands without you on *this* day – I can do this one time / for one month / continually.
Help me plan for or schedule an event for something distressing	I have experience with rituals and planning surrounding distressing events (e.g., death-related remembrances, end of life care, divorces) and can advise on proper etiquette, budgeting, and other considerations – I (can/cannot) contract services for you.
Help me plan for or schedule an event for something joyful (e.g., birthday party)	I love planning parties, purchasing gifts, and choosing outfits and I will listen to and follow your limitations/boundaries.
Help me to pay my bills with my money	I am very organized with my own finances and can assist you with mailing in bills, navigating online systems, or setting up autopay.
Help me to set up contractors or services	I can research and contract services such as housekeeping or yard/pest maintenance for you.
Help me to buy big ticket items	I can research and help you purchase big ticket items that are required immediately.
Remind me to take breaks	If we're in the same space and I see your energy flagging or that you're overwhelmed, I will mention it to you and ask if you need a break.

Cleaning

Supported	Supporter
I need help doing my dishes	I am actually enjoy doing dishes and will follow your instructions to the best of my ability.
I need help with straightening up / decluttering	I am happy to work with you to put things in their correct places without making suggestions as to better organizational systems. Alternately, I am an organizational wizard and would love to help you organize, based on your wishes.
I need help with deep cleaning, scrubbing, bathrooms, vacuuming	I am happy to provide physical labor inside the house or am willing to donate money to contract a cleaning service to do this work. I will not comment on normal amounts of mess.
I need help mowing my lawn / shoveling snow	I can provide physical outdoor labor and am experienced at basic outdoor tasks.

I need help in my garden or watering plants	I'm very good with keeping plants alive while you are away, or am very good at following instructions while you are home.
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Dependents

Supported	Supporter
Please watch my kids while I go for medical testing	I am very experienced in watching the age, personality type, and number of kids you have and am responsible and responsive to texts as required.
Please watch my kids so I can take a shower / nap / figure out something difficult	I am experienced with the age, personality type, and number of kids you have and understand basic safety rules and am happy to watch them while you perform tasks or sleep and will alert you to issues as discussed.
Please hang out with me while my kids are in the room and talk about grown up things	I am happy to sit and chat while kids are present and will not be bothered by conversational disruptions or derailments because I enjoy kids.
Please feed and watch my pets while I am away	I am a current/previous pet owner and am familiar with the type / temperament of the pet you have and am happy to do normal feeding / grooming tasks as agreed. Alternately, I am able to take your pet into my home during extended treatments / issues.
Please walk or groom my dog while I am here	I am a current/previous pet owner and am familiar with the type / temperament of the pet you have and am happy to do normal exercise or grooming, e.g., baths, tasks as agreed.

Physical sensations

Supported	Supporter
Eat a meal with me / please bring me a meal we can eat together	I enjoy eating meals together and will eat what you have prepared or pick up takeout for us to eat together.
Come over and cook something in my house/apartment	I love to cook and think that the smell of cooking in the house can be restorative. I'm happy to cook something you enjoy eating and will clean up the mess after.
Help while cooking and/or do dishes after I cook (after we eat of course)	I love to eat a home cooked meal and am happy to support you during the process (e.g., chopping, stirring, timers) and happy to do dishes after.

Give me a massage or gift one (if I like them)	I am experienced at giving massages and have gotten great feedback, or I know of a reputable masseuse that can provide services.
Give me hugs / sit close to me	I am a physical person and understand that proximity can give comfort.
Listen to the music I like with me	I enjoy all types of music and will happily listen to and discuss the music you like.
Play me live music / sing / read aloud	I play an instrument, sing, or am comfortable using my voice to entertain you.
Be in the same place and do silent things separately (parallel play)	I know that simply being in the same room as another person can be cathartic. I am happy to sit in the same room and do my own thing quietly with occasional conversation / sharing as needed.

Movement in space / change of scenery

Supported	Supporter
Take a walk with me	I'm happy to go at the pace and length you can manage. I'm happy to chat/not chat as required.
Go on a hike / bike ride / play a sport I like with me	I'm experienced in the sport you play. Let's do it. I'll find a location and set up a court if required.
Please go somewhere new and sit quietly with me	I enjoy sitting next to people and watching a sunrise or the lake water or something else calm and silent. I'll arrange travel if you need it.
Take me to an amusement park – I need a lot of sensory input / vestibular stimulation	I love amusements parks, scary Halloween stuff, etc. I'll arrange travel if you need it and accommodations if you require them.
Take me to a museum or gallery or a cute town location	I love art. I will arrange travel if you need it and accommodations if you require them.
Take me on a long drive to nowhere	I am a safe and insured driver and enjoy long rides in an agreed upon direction. I will provide music/no music that we can both agree on. I will not argue over restroom stops and will provide adequate time to eat and drink if it is not allowed in my car.

Exercise my spirit and or spirituality

Supported	Supporter
Teach me something new, share a recent religious discussion	I'm very happy teaching people something new that I have a wealth of knowledge about. I am good at guiding people through new experiences.

Drive me to/from a religious service/location & attend	I will happily drive you to and attend (or not) your preferred religious service. It may or may not align with my personal culture or practice, but I am open to religions/cultures and will follow the rules and intent of the services.
Perform religious ritual with me (e.g., prayers, rites, tarot)	I am happy to perform religious rituals with you or to experience your rituals as you do them and/or teach me about them.
Discuss spiritual or philosophical texts (via text, in person, on phone)	I am an avid reader and wish to read the same text as you and discuss the minutiae and the larger implications of the texts themselves and the history.
Discuss religion / spirituality / spiritual journeys with me	I am spiritually minded and open to extended discussion of this topic and can be proactively supportive in your spiritual journey.
Create art, schedule a writing session, create up a craft project, color with me	I am a creative person and very much enjoy creating in a shared space. I am happy to do a project you suggest or find a project for us to do together. I will pick up needed materials as discussed.

Exercise my Mind

Supported	Supporter
Play a boardgame, video game, put together a puzzle with me	I'm the same type of gamer that you are. I'm happy to play the classics or to learn a new game to play with you.
Read a fiction book with me	I love book clubs and sharing the experience of having read the same thing.
Get together to solve a problem, mind map, devise a solution to something unimportant	I love to talk about new ideas and think through new things. I'm happy to bring over sticky notes, my mind map app, a whiteboard and go to town.
Discuss the daily crossword / wordle / word jumble – or send me one	I'm a puzzle aficionado. I'm happy to play a daily game/puzzle and chat with you about it, send my score, or play against you (e.g., Words with Friends)
Argue politics / the law / current events with me	I love to argue and logic endlessly without actually fighting (I was probably on the debate team in high school) and/or love to talk politics.
Go to an event with me	I'm always up for new things. I will discuss the plans with you to work on requirements and contingencies and arrange travel to/from the event for you and will plan to leave early if your energy levels aren't up for the whole thing.

Help me process my emotions

**A note on emotional supports: Both people should have clear boundaries when supporting someone emotionally. In this case, the supported may be the person who talks or processes most, but the supporter should also be able to talk about themselves and process their emotions in the same session. If someone is in crisis or needs unilateral support, they should seek professional assistance.*

Supported	Supporter
Schedule a bitch session with me	I'm able to talk through anger and dissatisfaction without offering platitudes or trying to "fix" your anger. I understand negative thoughts may be outsized and fleeting and can offer "cone of silence" to allow for venting unreasonable or petty emotions (we all have them!)
Be there for me when I cry	I'm comfortable with big emotions and would gladly help you through them.
Drive me to therapy	I'm supportive of therapy as a tool and will drive you to/from sessions without judgement and will follow your lead on whether to converse before/after and will not comment on your emotional state.
Do an art therapy / play therapy exercise with me	I'm open to both therapy and doing creative arts/crafts. I may be comfortable with doing these things in silence if you are more comfortable that way.
Talk through a difficult event with me	I'm good at listening and asking thoughtful, probing questions to look at things from all angles.
Ask me a series of questions designed to draw me out (I'm stuck and need help)	I'm good at talking to people in a way that makes them feel comfortable. I understand that not everyone is the same, so, we'll give it a try for a set amount of time and see how we both feel and if we should continue.
I need to talk about grief or death with someone who understands	I have experience with a loss similar to yours and can provide empathy and am well versed in discussing grief and loss without trying to "fix you". I may be processing my own loss as well.
I need to talk about mental health with someone who understands	I have experience with mental health concerns similar to yours and can provide empathy and am well versed in discussing concerns and limitations without trying to "fix you".
Ignore my (upcoming) outburst	I understand you just need to get something out, I'll let this slide as long as you don't cause harm to yourself or others and don't pick a fight with me.
Say nice things to me	I am a positive person who enjoys finding the silver lining in everything and giving out compliments like they are going out of style.

Distract me

Supported	Supporter
Watch a movie I choose with me (I'm picky always or rigid right now)	I'm happy to watch a movie or TV of your choosing (that we agree on) with you at your place and bring /not bring snacks to make it an event.
Surprise me with a new movie	I love surprising people with a movie/TV that I love and/or watching something completely new and adventurous.
Co-watch a series and discuss with me	I'm interested in watching or rewatching a TV series in person or scheduling time to watch each episode so we can discuss it in real time/via text. I am someone who can refrain from "watching ahead".
Have a coffee / tea / cocktail with me and discuss anything else but problems	I love small talk and/or theoretical conversations about "light" topics and enjoy sitting in coffee shops or bars to just sit and hangout for a while. I will provide transportation if needed.
Bring me gossip, celebrity or otherwise	I love shows like Real Housewives, reality TV, gossip podcasts, dating shows, and the like. I am more than happy to co-watch, text article back and forth, text, or have phone calls about it all.
Send me funny / heartwarming / motivational gifs or texts	I'm good at finding gifs or images that make you laugh, give you positive feelings, or provide motivational messages based on what you indicate would help best.
Send me small gifts / a care package / flowers	I'm good at gifting people small or useful items that they might need during times of stress or vulnerability. Or, I am happy to send perishables, such as flowers that won't contribute to clutter.

Provide a sense of security

Supported	Supporter
Come sit in my place while I take a nap/shower/perform PT	I will come over to your house and stay in the room you ask me to while you perform tasks that cause you anxiety or tax your current abilities. I promise not to browse through your things and will bring my own form of entertainment.
Come sit in my place to just hang out (I need to feel "not alone")	I'm happy to join you for whatever for XX number of hours. I will / will not bring things to entertain you, e.g., games or movies, based on your request.
Text me daily just to check in – can just be a gif	I will text you daily to make sure you are ok, alive, not injured, etc. If you prefer humorous exchanges, I can send you gifs or jokes or a daily quote. You only have to make limited replies to complete the exchange and we will discuss beforehand what to do in case you are not ok.

Hold on to a set of my house keys in case of emergency	I will keep a spare set of keys for you in a specific place and not lose them. I will use them only when you ask me to. I'll let you know if I am leaving town for an extended period to make backup plans.
Offer to look after my pet in case of emergency	I am experienced with your type of pet and will make sure they are fed and safe until your emergency is resolved. You will provide an instruction sheet detailing short term needs for your pet that is in a visible location (e.g., on the fridge).
Please call for a wellness check/9-11 after a set amount of time of no contact	I will call emergency services if you do not respond as per an agreement we discuss, e.g., four hours when actively ill, or 1 day if not.
Come stay at my place for an extended amount of time while I convalesce	I am able to move into your house for an extended time while you convalesce. Alternately, I have accommodations available in my home for you while you heal.
Help me set up a smart house / doorbell camera / emergency technology	I am tech savvy and have set up my house or another's to have smart technology. I am happy to help you figure out what to purchase, how to install it, and/or how to configure it.
Please use automated alerts to monitor my smart house for movement, falls, etc.	I have enough time and inclination to be the person who receives daily alerts from "smart" devices and who will contact you if an alert does not show in a normal amount of time. I will not invade your privacy or access cameras unless it is something we agreed upon.
Be my emergency contact	I am someone who will answer their phone or check their phone messages in a timely fashion and who is capable of retaining emergency contacts in case of your emergency (e.g., numbers for family members) and performing an action plan while you are indisposed.

Body / medical support

Supported	Supporter
I would like to have a one-way conversation about my health only with someone sympathetic – and I would NOT like to hear advice at this time	I can provide a sympathetic conversation about your health without changing the subject or offering advice.
I would like to have a back-and-forth empathetic conversation about health and to hear others' stories and I (am/am not) open to advice at this time.	I am happy to share mine and others' experiences that are similar to yours and will/will not provide advice per your wishes.
I would like to hear new advice and stories that may influence what I do	I have some personal or professional knowledge or reading/video recommendations that I think might interest you about similar situations or general health.

I need help grooming, e.g., brushing/washing hair, shaving, nail trims	I am happy to perform grooming tasks on someone else in a gentle, non-invasive way.
I need help changing bandages or other medical devices	I am capable and confident providing minor assistance for medical maintenance.
I need help with bodily cleaning, showers, etc.	I am experienced and confident in providing physical assistance in vulnerable situations and have performed this service for others or had it performed for myself.
I need help with medication management / shots – either pick up, putting in pill boxes, or administering	I am comfortable with medications and can be trusted to transport them, measure correctly, sort them per the prescriptions, and not mismanage them.
Sit with me and provide witness – what I am going through is confusing and makes me question myself	I'm happy to sit and keep you company and report what I am seeing versus what you are experiencing and to have conversations about how to interpret things.
Please go with me to a doctor's visit and take in information and help me advocate for myself	I am comfortable attending doctor's visits and being able to take in medical information and advocate for someone else. I will take notes, ask followup questions, and to discuss with you what was said afterwards. I will not share your medical information with anyone (including my partner) unless you approve it.
I'm having trouble eating for either physical or psychological reasons and require supports that I define for you	I'm happy to follow instructions provided and to assist as required without making further comments or observations unless asked.