

List of Outsourceable Dementia Caregiver Tasks

Purpose of This List

The purpose of this list is for friends or family to know what they can do to support primary caregivers and the person with dementia that they care for. Feel free to add on any of your own tasks in each category.

Calling Tasks

1. Take on a volunteer role as head delegator/task assigner

Your job would be to reach out to other people in your caregiver's life (or your life) and assign them tasks you think they would be able to easily do using this list. You can use tools like [CaringBridge](#) to organize people and tasks.

2. Call local churches

See if they have volunteers willing to spend time with the person with dementia, donate their time with household chores or donate food supplies etc.

3. Call local senior center

See if anyone is looking to volunteer or if they would be open to posting a flier asking for volunteers.

4. Call a senior specific charities

5. Call local high schools or colleges

Ask if anyone is looking for volunteer opportunities or to make the need known for anyone who might in the future.

6. Call local Latter Day Saint Church (Mormon)

Ask if they have missionaries willing to do yard or housework.

7. Call/text friends/family/acquaintances for financial donations.

8. Call primary caregiver to ask how they are doing (not just the person with dementia).

Other Calling Tasks

Anything specific to your situation not listed.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Research Tasks

1. Find out what government benefits/programs the person with dementia would qualify for.

See online directories on page 6.

2. Look into state specific caregiver programs

See page 6 for caregiver program search engines.

3. Research home health care options

Use Elder Care Locator

4. Research your person with dementia's insurance benefits

Some insurance covers some respite, transportation etc.

5. Research various senior living options

6. Research local adult daycare options

7. Research how to apply to Medicaid in your state

8. Research local respite options

See page 6 for caregiver program search engines

Other Research Tasks

Anything specific to your situation not listed.

- 1.
- 2.
- 3.
- 4.
- 5.

Setting Up Deliveries, Services or Appointments

1. Set up Meals on Wheels

2. Set up medication to be delivered to the home

3. Set up the automatic delivery of caregiver supplies and/or household goods

4. Set up grocery delivery or weekly grocery pickup

5. Make needed doctor's appointments for the person with dementia & put it on their calendar

6. Set up an appointment with a local elder attorney (if they haven't seen one)

7. Set up parental controls on all electronics

8. Set up a gofundme, cash app etc. so family, friends, church can easily financially contribute

9. Help organize their calendar or appointments

10. Set up a meal train on their behalf

11. Set up physical therapy, occupational therapy or speech therapy services

12. Find a senior living consultant to work with the primary caregiver to look for senior living options.

A senior living consultant gets paid by the senior living buildings, will field senior living sales calls & are free to families.

Other Delivery, Services or Appointment Tasks

Anything specific to your situation not listed.

- 1.
- 2.
- 3.
- 4.
- 5.

In Person Tasks

1. **Pick up groceries** *(can be done while getting your own)*
2. **Return amazon or other returns**
3. **Hang out with the person with dementia while the primary caregiver is at home doing something else**
4. **Hang out with the person with dementia for an hour or two while the primary caregiver runs errands or does something for themselves**
5. **Stay with the person with dementia for a day so the primary caregiver can have a day to themselves**
6. **Stay with the person with dementia for the weekend so the primary caregiver can leave for the weekend**
7. **Come over to the house and keep the primary caregiver company for an hour or two.**
8. **Pick up medication refills**
9. **Drop off meals**
10. **Drop off caregiver supplies**
11. **Do chores around the house**
12. **Do repairs around the house**
13. **Do yard work**
14. **Organize areas of the house that need organizing** *(including donating items).*

Other In Person Tasks

Anything specific to your situation not listed.

- 1.
- 2.
- 3.
- 4.
- 5.

Financial Contributions

1. **Buy gift cards like Doordash, Amazon, Target, grocery store etc.**
2. **Buy caregiver supplies** (adult diapers, pads, butt cream etc.)
3. **Buy household supplies**
4. **Help pay for adult daycare**
5. **Help pay for senior living costs**
6. **Help pay for household bills where the person with dementia lives**
7. **Help pay for groceries**
8. **Help pay for medications**

Other Financial Tasks

Anything specific to your situation not listed.

- 1.
- 2.
- 3.
- 4.
- 5.

Applying on Your Behalf

This can be done after research has been done for these.

1. **Apply for caregiver grants**
2. **Apply for government benefits/programs that the person with dementia qualifies for.**
3. **Apply to state specific caregiver programs that the person with dementia qualifies for.**
4. **Set up a few home health care interviews for the primary caregiver**
5. **Start the application process for Medicaid on their behalf**
6. **Set up Adult Daycare for the person with dementia**
7. **Start the application process for Medicaid on their behalf**

Other Applying Tasks

Anything specific to your situation not listed.

- 1.
- 2.
- 3.
- 4.
- 5.

Other Tasks

Anything specific to your situation not listed.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.
- 28.
- 29.
- 30.
- 31.
- 32.
- 33.
- 34.
- 35.
- 36.
- 37.
- 38.
- 39.
- 40.