

What Can Other People Do for Me?

A practical help organiser for family and friends
Use this to turn kind offers into clear, manageable jobs.

How to Use This

- 1. Choose one coordinator.** This could be a family member or trusted friend who can organise offers of help.
- 2. Go through this together, section by section.** The person who is grieving can tick what would actually help and leave the rest.
- 3. Ask permission before sharing.** Agree who may be contacted and whether a WhatsApp or family group is helpful.
- 4. Turn every tick into a clear job.** Add who will do it and when. Avoid vague promises.
- 5. Share the jobs page.** Photograph it and share it in the agreed WhatsApp or family chat so everyone sees the same plan.
- 6. Let helpers report to the coordinator.** Contact the bereaved person only when a decision genuinely needs their input.

The aim is to reduce decisions and messages, not create another task for the person who is grieving.

Before You Start

Agree these details first. They give helpers clear boundaries and make it easier for the coordinator to protect the person's time and energy.

Coordinator's name

Include me in a WhatsApp or family group?

- ☐ Yes
- ☐ No
- ☐ Ask me later

How often would I like updates?

- ☐ Only when needed
- ☐ Once a day
- ☐ Other

People I do not want contacted

Allergies or food preferences

Important routines or visiting preferences

What Would Actually Help Right Now?

Ask, do not assume. Tick only what would be useful today or over the next few days.

Food and House

- ☐ Bring a simple meal
- ☐ Organise a meal rota
- ☐ Buy groceries or collect an online order
- ☐ Make tea, wash dishes or tidy the kitchen
- ☐ Do a load of laundry
- ☐ Put bins out or bring them in
- ☐ Do a basic clean or arrange a cleaner

Children and Pets

- ☐ Do a school run or collect children
- ☐ Take children out for a while
- ☐ Stay with children at home
- ☐ Walk the dog
- ☐ Feed or look after pets
- ☐ Arrange temporary pet care if needed

People, Messages and Visitors

- ☐ Answer the door or telephone
- ☐ Keep a note of calls, cards, flowers and food
- ☐ Send an agreed update to family or friends
- ☐ Coordinate visitors
- ☐ Politely turn visitors away when rest is needed
- ☐ Sit with me quietly without expecting conversation

Something else that would help

More Things Somebody Could Take Over

Funeral Jobs

- ☐ Contact the funeral director or pass on questions
- ☐ Collect clothes or personal items needed for the funeral
- ☐ Make or update a contact list
- ☐ Tell agreed family members, friends or organisations
- ☐ Gather photographs
- ☐ Help choose music or readings
- ☐ Arrange transport or lifts
- ☐ Help with refreshments, flowers or the gathering afterwards

Admin, Appointments and Practical Tasks

- ☐ Write down questions for appointments
- ☐ Come with me to an appointment
- ☐ Make calls while I am present
- ☐ Keep paperwork together
- ☐ Collect prescriptions or other essentials
- ☐ Cancel or rearrange appointments
- ☐ Contact work, school or another organisation with my permission
- ☐ Make a simple list of what needs attention later — without expecting it all to be done now

Other practical jobs

Company, Quiet and Emotional Support

- ☐ Sit with me
- ☐ Listen without trying to fix anything
- ☐ Come for a short walk
- ☐ Stay nearby while I rest
- ☐ Help me ask other people for space
- ☐ Check in again on an agreed day

Remember: Needing company and needing space are both completely reasonable. What helps may change from one hour or day to the next.

What do you most want somebody to take off your hands?

What do you not want anybody else to do?

Jobs We Can Take Off Their Hands

The coordinator can fill this in, photograph it and share it with the agreed group. Helpers should report back to the coordinator when a job is complete or if anything changes.

Name		Date updated	
Coordinator		Coordinator's number	

Job	Who is doing it?	Day	Time / details	Done
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐