**Companionship and Friendly Visiting**

* Social/Companion Visits-in person or virtual
* Wellbeing/check in/reassurance calls
* Canine companion visits

**Education and Training**

* Health and wellness classes/trainings
* Coaching
* Job coaching
* Workforce development

**Emergency Preparedness**

* Emergency planning/response
* Assemble/disseminate emergency kits

**Help Around the House**

* Household chores: cleaning, organizing, laundry, furniture moving etc.
* Mowing grass/yard work/gardening
* Dog walking
* Pet care/foster care
* Reading mail or bills/mail support
* Snow removal
* Pick up/sort/deliver donated items

**Home Repair/Maintenance**

* Minor home repair/handy person assistance
* Home safety

**Meal Preparation**

* Meal preparation
* Meal and nutrition assistance

**Medical Equipment Lending/Delivery**

**Mentoring**

* Mentorship
* Peer support
* Information sharing

**Resource Referrals**

* Vaccine assistance
* Resource navigation and access

**Respite Care**

* In home respite
* Group respite
* Virtual respite
* Caregiver support services

**Running Errands**

* Home delivery of food boxes
* Grocery and meal delivery
* Prescription delivery
* Pick up library books
* As requested by care recipient or caregiver

**Social/Recreational Activities**

* Walking buddy
* Weekly coffee/conversation
* Cultural connection
* Holiday cheer
* Social gatherings
* Phone conversation groups
* Personalized socialization activities

**Stress Reduction**

* Mindfulness activities
* Virtual Reality activities
* Support groups

**Technology/Communication Assistance**

* Computer/technology assistance/support
* Digital literacy
* Cyber safety
* Set up digital subscriptions

**Transportation**

* Transportation via Lyft
* Assist to coordinate transportation
* Medical and nonmedical transportation

**Volunteer Chaperone**

* Chaperoned ride support
* Note taking at medical appointments
* Companion support
* Caregiver communication