



Customized Living
Quick Tasks...

What kinds
of tasks can
you do in
15-minutes?

Quite a few!

Here are a few
examples....



1. Conduct a wellness check
2. Conduct medication reminder
3. Prepare a light meal
4. Assist/monitor a shower
5. Take out the trash
6. Laundry assistance
7. Change compression hoes
8. Vacuum a room
9. Clean up a spill/mess
10. Replace a light bulb
11. Call a repairman
12. Change batteries in an item
13. Make a bed
14. Help someone get dressed
15. Pay bills/prepare mail
16. Help with morning grooming
17. Help get ready for bed
18. Change a brief
19. Plan meals/grocery list
20. Water house plants



21. Empty a catheter bag/commode
22. Take trash cans to the road
23. Get the mail/newspaper
24. Get items from the attic/basement
25. Care for a pet
26. Shred paper
27. Put on makeup
28. Encourage hydration
29. Cut coupons
30. Write a thank you note
31. Put clothes away
32. Lightly clean the refrigerator
33. Fill/switch oxygen Tanks
34. Change air filter or water filters
35. Wrap a gift
36. Do online grocery/gift shopping
37. Empty the dishwasher/do dishes
38. Find the remote
39. Dust a room
40. Schedule appointments



And many
more...

