



How Can We Help?

A Guide to Providing Assistance and Support

This resource is created to assist individuals or families who are grieving, offering practical suggestions for how others can provide meaningful support. It includes clear options to minimize back-and-forth communication, making it easier to know how to help.

The packet also gives those grieving a simple way to communicate their needs and preferences for support.

While this is just one approach, it serves as a helpful starting point for initiating these important conversations.





Grief Connection Space, LLC. specializes in partnering to create grief informed communities through workshop facilitation, presentations, community education and resources.

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Connect with us on Socials

 LinkedIn: Grief Connection Space, LLC.

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HOW CAN WE HELP? OPTIONS LIST



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Support Provider Name: _____ Email: _____ Phone: _____

- I can offer the following support (please check options below).

Support Recipient – Name: _____ Email: _____ Phone: _____

- I am open to someone providing support (please check options below):

MEALS OR FOOD PREP

- ☐ Bring Ready To Eat Meals
- ☐ Bring frozen/eat later meals
- ☐ Dine with person or family at restaurant
- ☐ Offer to come over and eat with them
- ☐ Invite them to a meal in your home
- ☐ Gift cards for preferred restaurants:
- ☐ Bring disposable cups, plates, cutlery
- ☐
- ☐

CHORES

- ☐ Take trash and recycling to and/or from curb
- ☐ Pet care: feed, walk, or clean up after them
- ☐ Bring trash/recycling bins to/ from curb
- ☐ Mow lawn
- ☐ Snow removal – Sidewalks and/or driveway
- ☐
- ☐

HELP WITH CHILDREN/OTHERS

- ☐ Help with transportation to/from ____
- ☐ Bring kids home to/ from school
- ☐ Take to extracurriculars/activities
- ☐ Babysitting
- ☐ Playdates
- ☐

CLEANING HOUSE

- ☐ Laundry
- ☐ Help with dishes
- ☐ Help with general cleaning and straightening
- ☐

PAPERWORK

- ☐ Assistance with gathering paperwork
- ☐ Calling necessary organizations
- ☐ Writing thank you notes / acknowledgements
- ☐ Assistance writing obituary or services
- ☐

SELF CARE

- ☐ Join me for a walk or movement activity
- ☐ I would appreciate religious/spiritual companionship
- ☐ Body Doubling or silent support
- ☐

Meal Preference Checklist



Recipient: Please clearly mark which options you are open to for receiving support. Please provide as many details as you can if necessary.

Contact: Name _____ Phone: _____

Email: _____

Address: _____

MEAL DELIVERY OPTIONS

S M T W T F S NOTES

Ok to bring meals: Ready to eat/ Frozen ☐ ☐ ☐ ☐ ☐ ☐ ☐

Gift Cards for restaurants/grocery store ☐ ☐ ☐ ☐ ☐ ☐ ☐

Open to eating with you/your family: ☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ At your home ☐ At restaurant ☐ Other ☐ ☐ ☐ ☐ ☐

☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ ☐ ☐ ☐ ☐ ☐ ☐

FOOD PREFERENCES: Mark any that apply

Kosher Halal Vegan Vegetarian Other: _____

Protein Preferences: Chicken Beef Pork Tofu Fish _____ Shellfish

Allergies or sensitivities? ☐ No ☐ Yes, please provide information: _____

Food preferences/dislikes: _____

MEALS AND RESTAURANTS

Preferred Meals: _____ Preferred Restaurants/Meal delivery app (UberEats, Door Dash, etc.): _____

Comments, Notes, Meal delivery Instructions, etc.:

Time Frame for drop off: _____ Delivery Location (porch, cooler, etc.) _____
