

The Buddy Project Appendix

Table 1 Some Ideas on Possible Needs

Personal/Social/Emotional	Home	Garden	Mobility/Transport	Finances/ Paperwork
<ul style="list-style-type: none"> • Support person for visits to hospital, dental, doctors • Companion to go to a planned outing e.g. movie, live show • Social home visits • Companion to informal outing e.g. going for a coffee, or to lunch, or a trip to the shops for clothes • Phone calls to check on individual • Other social outings e.g. a choir • Asking questions at appointments after consultation with PWP • Bringing around some fresh flowers and ensuring they are put into a vase • Assist with purchase of bigger or more expensive items e.g. phone, new vacuum cleaner by researching and transporting PWP to store if needed. Carrying the item inside • Prayer partner 	<ul style="list-style-type: none"> • Fold the laundry • Hang washing out • Prepare a meal or snack – and set it out for eating • Make a hot/cold drink • Pick up a few grocery items especially fresh items such as milk • Tidy a cupboard • Put away the clean washing • Put away washed dishes • Straighten bedding • Change a light globe • Walk the dog • Change the kitty tray • Put away groceries • Pick up a script from the doctor or pick up medication from chemist • Check the letterbox • Take the rubbish out • Put the bins out – bring them in • Dusting 	<ul style="list-style-type: none"> • Weeding • Watering indoor plants • Repotting plants • Sweeping/blowing dirt • Pruning • Picking flowers for inside • Dead-heading roses 	<ul style="list-style-type: none"> • Help to organise taxis e.g. booking a wheelchair taxi • Help to book community transport • Go in the taxi • Support person on public transport • Support person on the train to Sydney 	<ul style="list-style-type: none"> • Pay bills • Help to set up online payments if needed • Help to set up online shopping if needed • Filling out forms • Talking to businesses or government agencies • Taking notes at appointments • Buying stamps • Posting letters • Writing out Christmas or other cards • Helping to organise respite for partner • Filing paperwork • Guiding through Aged Care applications • Setting up a computer or iPad to use / printer / internet • Teaching some computing skills

<u>Table 2 Buddy Qualities</u> <i>What qualities in a buddy are important to me?</i>	<u>Table 3 Reciprocity</u> <i>How can I show my appreciation?</i>
<ul style="list-style-type: none"> • willing to help out • the ability to say “no” • honesty • sensitivity • non judgemental • listens • someone I feel comfortable with • trustworthy • calm /unobtrusive / not a ‘bustler’/ not stressful to be with • doesn’t talk too much • skill set/ interest • living close by • spiritual connections • able to put up with the bad days • age of buddy – ideally a bit of a cross section of ages! 	<ul style="list-style-type: none"> • Tell your buddy how much you appreciate what they do • A cheery greeting • Some babysitting/pet sitting • Conversations • Being a good listener • Proof reading • Company • A gift card • A movie ticket or two • A car wash voucher • Paying for parking, a coffee, lunch • A thank you note • Some fresh flowers from your garden • Some tasks might involve a monetary payment

Table 4 Buddy Details

An example of recording buddy details and skill set / interests- can be used to share information between buddies

Buddy's Name, contact details, back up buddy	What they can do on a regular basis?	Ad Hoc or one off / skill set / interests
<i>(name)</i> <i>(address)</i> <i>(phone numbers)</i> <i>(email address)</i> <i>(backup name and details)</i>	Ring every Monday to check how I am	Available to visit to do some garden work – dead heading roses, repotting some plants
<i>As Above</i>	Help with preparing a meal on Tuesday Collect mail Put rubbish out Take bins out to roadside	Transport and support for doctors' appointments but only on Tuesdays and Thursdays
<i>As Above</i>	Ring every Wednesday to check on me	Concerts and theatre outings Can stay overnight
<i>As Above</i>	Pick up consumables every Friday, scripts if necessary, Pack away shopping and make some lunch Ring on Thursday to check on me and to find out what shopping I need	
<i>As Above</i>		Computer stuff Available to help with paper work Only weekends and Monday evenings

Table 5 Organising our Thoughts

This table is one example of a way to organise our thoughts. The headings could just be prompts.

What needs doing?	Who could do it? Who is going to ask them?	When is it needed? How often will it need doing?	Where will it happen?	Back up buddy – mainly for the essential things	Cost – what can we offer in terms of reciprocity
Support person for doctors visit, including private transport	Friend/Buddy (<i>name</i>) I'll ask them	Ad hoc basis but first one is next week – check what days friend is available and fit appointment in with them	Transport from home to local GP and back again	Neighbour (<i>name</i>)	A coffee afterwards? Or a coffee and cake at home?
Fill out an application form for taxi vouchers	Son (<i>name</i>)– I'll ask him	One off – whenever son is free to help but needs a time limit e.g. can it be done in the next week	My house		Dog sit
A phone call to chat once a week and to check I am okay	Friends and family – need 7 for the week – could recruit interstate friends	Whatever day is suitable –a different person each day	By phone – can be interstate	Not really needed	A short chat!!
Take the bins to the roadside and bring them in	Neighbour (<i>name</i>)– I can ask	Every week	Home	Not really needed	Send a thankyou at the end of the year and a small gift card
Someone to go to the ballet with me – include them doing the booking, and the transportation	Friend/Buddy (<i>name</i>) – I'll ask them	One off	Home to theatre	Another friend/buddy (<i>name</i>)	Offer to pay for ticket (or contribute towards it) Pay for parking Arrange to go to dinner beforehand and pay for them/pay for drinks