

## SUGGESTIONS FOR SUCCESSFUL SHOPPING

Hopefully, the following suggestions will help to ease any uncomfortable moments during initial contacts between you, the volunteer, and the care receiver:

- In order to prevent burnout, make it very clear that you will only shop at one store; two at the most if you must also go to a pharmacy.
- If the person has developed an indifference to food and good nutrition, diplomatically suggest ideas and menus, which incorporate tasty, nutritious foods.
- If the care receiver indicates that some help would be appreciated, assist with unpacking and storing purchases.
- Your visit with the care receiver is every bit as important to the well-being of the individual as the food. If time permits, plan to spend a short time chatting.
- “Shop For” Program
  - Be sure that the care receiver makes a shopping list for you which includes brand names and size. Review this list thoroughly, anticipate problems and ask questions you have before you leave for the store.
  - Ask your care receiver what to do if the preferred item is not in stock. Should you buy another brand or omit the item from the list? Expect to make an occasional mistake and don't worry about it if you have done your best.
  - Find out if economy is important. If you notice a less expensive brand than the one specified, do they want you to purchase it instead.
- Procedure for payment:
  - Accept cash
  - Do not sign their name to anything
  - Return change with receipt