

The following is a **SAMPLE WISH LIST**. In this the client outlined specifics tasks and functions she was interested in developing in a service dog relationship. While this example does a great job of clearly putting definition to tasks, the writer neglected to incorporate any individual characteristics of a dog's "essence" that might have been important. Assuming there are preferences for breed/breed type, size, color, coat type, gender, etc., it isn't a bad idea to really get thoughtful about that as well as the thought you have of how a dog might be helpful.

SERVICE DOG TASKS THAT WOULD MAKE ME MORE INDEPENDENT

SYMPTOM: Issues with my short term memory makes me forget where I placed things and this leads to panic attacks (when I lose keys, forget where I parked my car, lose track of which entrance of a building I came in from, etc.)

TASK: locate car, locate specific person by name, locate exit of a building, retrace my route, locate house and car keys, locate wallet, locate purse, etc.

SYMPTOM: space out/dissociate & not hear my name being called or the phone ringing, doorbell, etc.

TASK: alert like a hearing dog to my name being called, my cell phone ringing, provide tactile stimulation to help me "snap out of it"

SYMPTOM: insomnia/sleep disturbance/trouble waking up in the morning

TASK: turn on/off lights, wake me on alarm clock signal – I usually sleep through my alarm clock, bring food dish in the morning as a reminder to follow my routine, lay on me at night to ease me to sleep, tuck in the blankets around me to provide pressure and calming sensation

SYMPTOM: anxiety/phobia of the dark & fear of going into dark rooms

TASK: enter the room ahead of me to turn on the lights

SYMPTOM: balance & coordination issues, dizziness when bending over or standing up too quickly

TASK: brace me or help me balance when going up and down stairs, pick up dropped items to prevent me from having to bend over, lean against me or nudge me to help me feel "grounded/centered/in control of my balance"

SYMPTOM: phobias, depression, panic attacks, or otherwise needing help

TASK: find a specific person on command, locate/retrieve my phone

SYMPTOM: Trouble transitioning, symptoms exacerbated when my routines are altered

TASK: Tactile stimulation to reduce panic, provide a "constant", remind me of my schedule (ie: bring water bottle in morning to remind me to take meds, bring pillow or blanket to remind me to go to bed at night, bring food bowl/dish to wake me in the morning & remind me to go about my daily routines), interrupt when I pace by bringing me a leash or a toy as a distraction

SYMPTOM: Space out/hyperfocus/dizzy/distracted/disoriented

TASK: Nose me or paw me or otherwise alert me to my mental state and/or my name being called, body bump (put front paws on my chest, lap, or shoulders), put head in my lap and press against my legs to provide tactile stimulation, lick my wrist

SYMPTOM: mood changes – mania/depression

TASK: alert me, lead me to a calm environment, when depressed: bring a leash or a toy, when manic, press against me and redirect my behaviors (such as pacing back and forth)

SYMPTOM: sensory or stimulus overload

TASK: maintain eye contact with me to give me a focus, provide a calming presence, prompt me to sit down by alerting me, lay on me or put head on my lap (per the situation)

SYMPTOM: lack of independence

TASK: enable me with the above mentioned tasks, provide me with a connection to other people as well as companionship for myself, enable my own confidence & others' confidence in me