

# MENU

## WAYS TO HELP THE CAREGIVER YOU KNOW

Every caregiving journey is unique, so it is important to be sensitive to your friend's individual needs and preferences. Regularly check in with them and continue offering your support as they navigate the challenges of being a primary caregiver to a Loved One (LO).

### REST AND RESPITE

*Listen to the Caregiver* 15 minutes

Simply having someone to regularly talk to and share their experiences with can provide a caregiver immense relief. Do not be quick to offer advice.

*Learn how to help* 6 to 8 hours

Spend a day with them so that you know their routines and tasks, and can be a capable back-up to the caregiver

*Express Your Appreciation* 10 minutes

Show your friend that their caregiving is valued and recognized. Express your gratitude for their dedication and remind them that they're doing an impressive job.

### CHORES AND TASKS

*Practical Tasks* 1 to 3 hours

Do grocery shopping, prepare meals, vacuum, mop, clean the kitchen or bathroom, empty the cat box or walk the dog. Doing even one of these make a big difference.

*Home maintenance* 3 to 4 hours

Make the phone calls, interview tradespeople, be present to oversee the work that's being done.

*Bring over a meal* 2 hours

Bring a prepared meal over, set the table before and clean up after--completely. If you live far away, order a meal to be delivered.

## NEVER SAY "TAKE CARE OF YOURSELF" WITHOUT OFFERING TO HELP.

### COMPANIONSHIP

*Transportation* 3 to 5 hours

Be available to drive them both for outings or appointments.

*Go for a walk with the LO* 45 m

Take the LO for a walk at their own pace around the neighborhood. Help them get ready yourself. If they can't go out, sit with them at home

*Plan an outing with their LO* 2 to 4 hours

Go to the beach, a sporting event, shopping without the caregiver. Tell the caregiver how much time you are giving them so they can plan how to use this gift of time.

*Maintain their social connections* ongoing

Make sure their social groups continue to invite the caregiver to events. And by being backup caregiver, you allow them to participate.

### RESEARCH/SUPPORT

*Find information they need* 45 m

Explore & access local support services like caregiver support groups, respite care programs, or home healthcare services

*Help to fund respite* \$125+

Offer to fund day-long, overnight, or weekend respite services for the PWD to give the caregiver a real break.

*Get others involved* ongoing

Engage other friends, family and community members to create a helping circle for the caregiver as well as for the PWD.

*Medical administrative tasks* ongoing

Make phone calls. and wait on hold for routine calls for medical appointments & prescriptions.