

Ways to Help a Caregiver



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When someone asks: "How can I help?", consider providing this list to your friend, family member, neighbor, or colleague who offers to help. Alternatively, you can create your own list that is personal to you and your loved one.

Sometimes it's difficult to think of ways that others can be of help when you are asked on the spot - this list takes that responsibility away from you as the caregiver and offers concrete tasks for your support network.

When you have a little bit of time...

- Drop off favorite magazines and books
- Send a list of funny movies to watch
- Fill the bird feeder
- Help with laundry
- Make a playlist of favorite songs
- Share a gift card to a local restaurant, coffee shop, or food delivery service
- Take the dog for a walk
- Shovel snow

When you have a little bit more time...

- Arrange to take vehicles for an oil change or tune up
- Be the driver; head out for a scenic drive
- Call or text when going to the grocery store; offer to drop off a few things
- Create forms or documents to help with organizing of emergency contact information, appointments, etc.
- Prepare some meals or send an invitation for a home-cooked meal
- Mow the lawn, water the plants or pick some weeds from the garden
- Offer to visit the person who is diagnosed with a brain tumour while the caregiver runs errands
- Pick-up and / or drop-off kids at school or extracurricular activities

Add your own!



Here's a Tip!

for friends and family who want to help:

Offer your time, and be as specific as possible:

"I am all yours from 9:00am to 11:00am on Saturdays"
"I can walk your dog after work every day at 4:00pm"

For more
information:

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