

Caring For The Caregiver

30 Ways You Can Help

Go along to an appointment

Help with seasonal tasks like washing windows

Walk the dog

Invite to your gym on a guest pass

Check out or return a library book

Weed or water plants

Drop off or pick something up at the post office

Provide a listening ear

Get a prescription filled at the pharmacy

Invite over for a meal

Wash their car

Take a pet to the vet or groomer

Give their kids a ride to an activity

Pick up or unload groceries

Go along to the first session of a support group

Do a load of laundry

Stay with their loved one to give the caregiver a break

Help put up holiday decorations

Attend their kids' school or sporting events

Mow the lawn or rake leaves

Organize a neighborhood meal chain

Shovel the sidewalk

Help their kids with homework

Offer to do mending

Drop off and pick up dry cleaning

Keep the bird feeder filled

Give a gift certificate for a massage

Invite to go for a walk

Send an encouraging card, email, or text message

Bring their trash bin out to the street on trash day