

How to Help a Caregiver

Overall Tips

1. Listen. Try not to judge or offer horror stories of what happened to you or what you have read. Sometimes a person just needs someone to listen to them.
2. Educate yourself on how to be with the person living with dementia. Look in the Things to Do under Know How so you come with some ideas.

Live close by?

1. Offer to come and be with their loved one so they can get out of the house, go to their own medical appointments, the barber/salon, or shopping.
2. Make double your dinner and drop off a dinner to them. (Make sure you know if they have any allergies or foods they don't like)
3. Be a friend. Bring over a coffee cake and offer an ear. Really listen.
4. Maybe be a team. If you are a couple and one of you can be with the person living with dementia and the other can treat the caregiver for an afternoon out.
5. Outdoor chores: Mow their yard, rake leaves or snowplow for them.
6. Go to a support group with the caregiver
7. Offer to walk their dog
8. Get their car an oil change. Maybe throw in a car wash?
9. Offer to be their Prescription Picker Upper.

Live far away?

1. Call and check in.
2. Send a basket of fun stuff that the person likes.
3. Gift Certificate for a restaurant that delivers.
4. A card once a week with the stipulation you they don't need to write back.
5. Plan a visit and give the primary caregiver time off.
6. When you do visit. Please don't act like you have ALL the answers or that the person they are caring for, "Seems to be just fine."