

How Can You Help a Caregiver?

The little things you do can lighten a load you'll never fully see.

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Remember the important dates.

- Ask how the therapy session went.
- Wish them luck before a doctor's appointment.
- Check in after a scan.

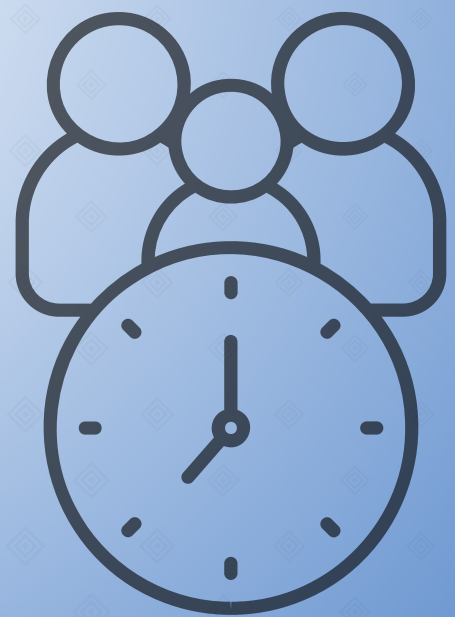


Remembering these moments tells a caregiver,
"You're not carrying this alone."

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Spend time with their children.

- Take the kids to the park.
- Help with homework.
- Watch a movie together.



Giving children a few carefree hours also gives the caregiver precious breathing space.

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Help with paperwork.

- Insurance forms.
- Hospital bills.
- Medical records.
- Government documents.



These tasks can feel overwhelming when someone is already exhausted.

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Encourage them to take a break.

Offer to stay for an hour so they can:

- Read a book
- Go for a walk
- Get a haircut
- Sit in a cafe



Rest isn't a luxury.
It's part of caregiving.

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Celebrate the small victories.

- Notice the first independent step.
- The first smile.
- The first full sentence.



Celebrate progress with them.
Hope grows when someone else notices it too.

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Keep inviting them.

- They may say no.
- Invite them anyway.



Whether it's a birthday, coffee, or a family gathering, continuing to include them reminds them they're still part of your world.

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You don't have to fix their situation.

You just have to remind them they don't have to face it alone.



One thoughtful action can make an ordinary day feel a little lighter.

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