

How Can You Help a Caregiver?

Sometimes, the smallest gestures make the biggest difference.

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Call them.

A five-minute phone call can remind a caregiver that they're not alone.



You don't have to solve anything.
Just listen.

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Bring a home-cooked meal.

- One less meal to plan.
- One less decision to make.
- One more moment to breathe.



Sometimes, kindness looks like dinner.

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Sit with the stroke survivor.

Offer to spend an hour with them.

That hour might be the caregiver's first chance in weeks to:

- Take a walk
- Grab a coffee
- Run an errand
- Simply rest



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Pick up medicines or groceries.

Errands may seem small.

But when you're balancing appointments, therapies, work, and caregiving, crossing just one thing off the list can feel like a huge relief.



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Offer to drive to therapy.

Rehabilitation often means multiple appointments every week.



One ride can ease both the physical and emotional load.

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Ask the caregiver,

How are you doing?

Not just,

- How's the survivor?

Caregivers need care too.



Sometimes, all they need is someone who remembers to ask.

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Listen without trying to fix everything.

You don't need the perfect advice.
You don't need all the answers.

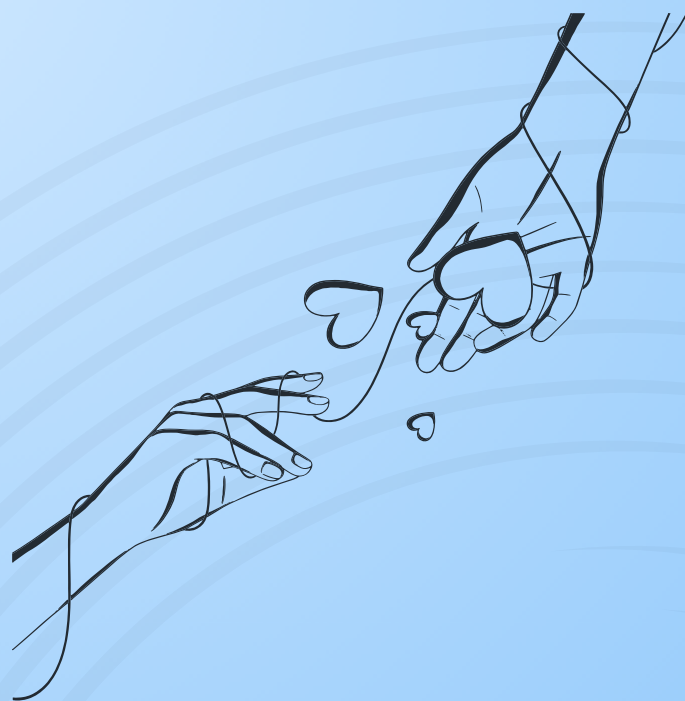


Sometimes, the greatest gift is simply saying:
"I'm here with you."

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You don't have to do something big to make a difference.

- A small act.
- A little time.
- A kind word.



To a caregiver, it can mean everything.

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