

Tips to support caregivers

1. Pick a day and spend time with the person diagnosed with dementia, offering respite to the caregiver.
2. Ask the caregiver what their favourite meal is and bring it to them.
3. Bring over a bottle of wine and spend time asking the caregiver how **THEY** are.
4. Hire a housekeeping service. Volunteer to shovel snow or do yard work.
5. Provide care packages. Remember them on their birthday or anniversary.
6. Keep in touch. Call often or video chat if you live far away.
7. Don't judge caregivers. Offer a listening ear. Eliminate expectations.
8. Offer to do their errands while you are going out.
9. Get your kids to make something special for their grandparents so they know they are not forgotten.
10. Go for a walk with the caregiver to get them out of the house.

