

Ways TO & NOT TO Support a Caregiver



Things to do:

- Simply call your friend who is a caregiver. Don't wait!
- Inquire about their own health.
- Prepare a "Caregiver Basket" for them full of items you know they love. (a candle, battery-operated lighter, chocolates, note cards, journal, writing pen, coffee gift card for those drive-thru moments, restaurant gift card, etc.)
- Provide an hour of in-home respite.
- If there is a significant other, offer respite for the two of them to go out on a date.
- Drive by their home and place a small floral arrangement at their front door.
- Take baked goods to their home.
- Inquire about their most stressful hour of their day, and then offer to help in some way.
- Encourage them by mailing a note.
- If there are siblings, take them out for ice cream, to the library, or to a movie.
- Offer an empathetic ear.
- Say you will pray for their strength, and then actually do that.



Things to say:

- You are awesome at your caregiving responsibilities!
- I appreciate you.
- I love watching you care for your child.
- Tell me about the worst thing that happening to you this week?
- You can tell me anything.
- Call me when you are about to do something you will regret.
- Here is my cell phone number.
- I am available 24/7 for you.
- I know you are doing everything you can.
- I will not judge you.
- I am bringing you a hot tea and putting it at your doorstep - I'll text you when it's there!
- I am here for you, not just for your loved one.
- You are strong!
- You are loved.
- Stay in your pajamas today if you need to.
- Can I come over and take a walk with you and your child sometime this week?



Things to Never say:

- *God doesn't give you more than you can handle.*
- *Have you tried praying this disability away?*
- *You must be really strong and that's why you have this child.*
- *Why do you want to prolong your child's life with so many disabilities?*
- *Are you tired . . . you look really tired?*
- *God must be trying to teach you something through your child's disability.*
- *You should not take your child out in public because their disability could scare others.*
- *Do you think your child's life is worth all of this hard work?*
- *I think it would be best if you just sent your child away because they aren't a productive part of our society.*
- *Maybe God is punishing you for a wrongdoing you committed.*
- *Please call me if you need anything. (Don't make the caregiver reach out to you.)*
- *It will be better when this is all over and you can get back to your life.*