

Supporting the Dementia Caregiver

As a friend or family member of someone with dementia or of the caregiver of the person with dementia it can sometimes be hard to know how to help. This can be due to any number of things - the complexities and length of the disease, your own experience supporting others, and the availability of resources. Friends and family play a vital role in championing the day-to-day wellness and sense of community! And, we know, you may feel better too when finding ways to be involved. Here are a few ideas to get you started.

**NOTE: if you are a primary caregiver printing this out for a family member or friend, feel free to make this worksheet your own - cross out ideas that are not relevant to you, or add-on things you specifically need that are not noted here in the space below. **

The Gift of Energy	The Gift of Time	The Gift of Friendship
<ul style="list-style-type: none"> • Run an errand • Clean the house • Make freezer meals • Send restaurant meal delivery • Do yard work • Collect and drop off recyclables, trash • Do laundry, ironing • Help with computer work • Complete or arrange a home safety evaluation • Offer to keep family & friends informed • Coordinate other friends and family's involvement • Send/drop off an at-home care package 	<ul style="list-style-type: none"> • Take the person with dementia on an outing for a few hours. • Offer to complete unwanted tasks (calling the cable company) • Hang out with the person with dementia while the caregiver runs errands. • Coordinate a weekend away for the caregiver • Walk the dog or clean the kitty litter • Research community resources or other services • Stop by with a favorite beverage or snack on a tough day or week 	<ul style="list-style-type: none"> • Stay in touch • Be a safe space of the caregiver to vent without judgment • Listen • Be a sounding board as welcomed • Go to a dementia support group with the caregiver • Plan a special break for the caregiver, including care for the person with dementia • Learn what you can about dementia • Insist on fun activities • Cry together • Laugh together • Remember birthdays & special events • Continue to invite the caregiver to events/outings

Here are additional things that could be helpful:
