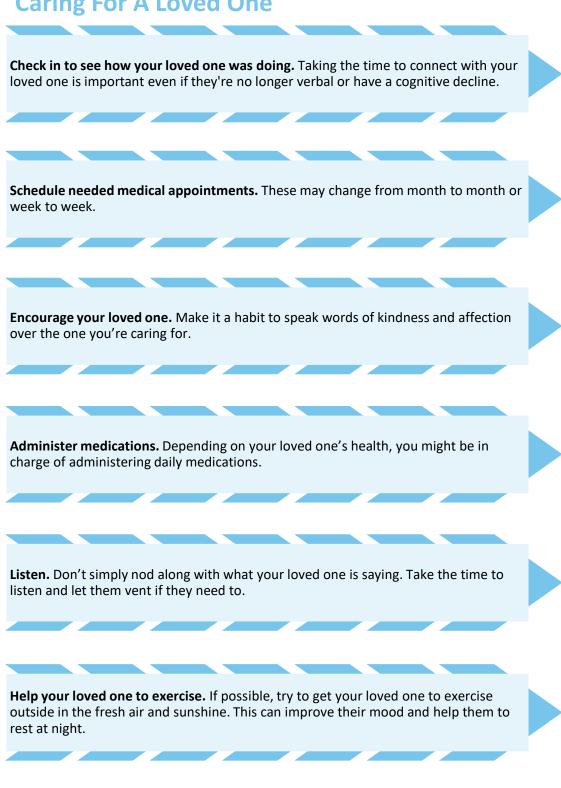
The Compassionate Caregiver

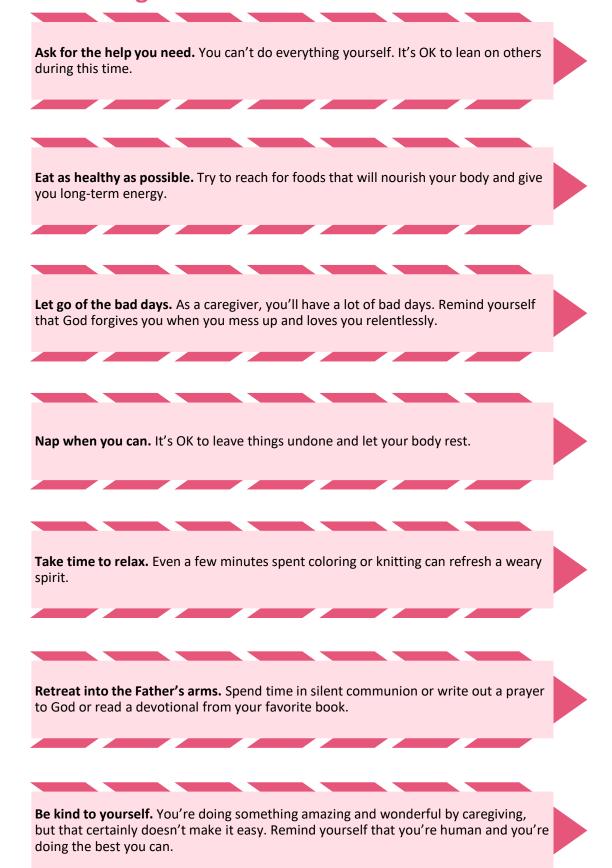
Caring for someone else and yourself isn't an easy task. Use this checklist to make sure you've got the essentials covered ...

Caring For A Loved One

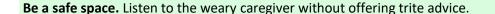


Plan something fun together. Don't get caught up in an endless cycle of appointments. Make plans to do something fun with your loved one this week.

Practicing Self-Care



Caring for a Caregiver



Offer to run errands for a caregiver. Tell them when you're going grocery shopping and offer to pick them up some food.

Gas up the car. With permission from the caregiver, take their vehicle and refill the tank, so they have one less thing to worry about.

Drop off meals when possible. Unless the caregiver and patient have special diets, bring by an extra meal or two each week.

Invite the caregiver out. Many caregivers are lonely and in need of regular social interaction.

Sit with the patient for an hour or two. Let the caregiver spend this time doing tasks they enjoy or getting in a nap.

Be an encouragement. Show the caregiver support by encouraging and uplifting them on days they feel down.

God Gives Rest

Caregiving is difficult and overwhelming. But you are not alone. God gives rest to His beloved children. He wraps you in His embrace and holds you close on the bad days.

The LORD replied, "My Presence will go with you, and I will give you rest." - Exodus 33:14