

## WAYS TO HELP A CAREGIVER DURING THE PANDEMIC

### SOCIALLY DISTANCED HELP

- Offer to help with yard work
- Offer to do research about support groups
- Offer to assist with research and paperwork
- Offer to help prepare a routine that will help reduce stress
- Send funny videos to lift spirits
- Drop off flowers to let the caregiver in your life know they're thought of
- Offer to help with pets

### PORCH DROP OFF

- Drop off nutritious snacks and freezer meals
- Offer to pick up and drop off curbside orders
- Offer to go to the store
- Surprise the caregiver in your life with something unique
- Drop off something fun to keep caregivers' kids busy and let them know they're thought of too

### VIDEO OR VOICE CALLS

- Plan a zoom call or zoom game night for socially distanced fun
- Schedule a weekly phone call check in for a shoulder to lean on
- Plan a zoom dance party or movie night (be creative)
- Host a zoom baking, dinner or cocktail party

