

Tips

CELEBRATE THE CAREGIVER IN YOUR LIFE.

Try sending our CORE Solutions Tips of the Week to your employees for quick, easily digestible health and wellness tidbits they can incorporate into their daily lives.

– Your CORE Solutions Team



Give a gift. Here are some gift ideas for a family caregiver in your life.

- A gift card to a local restaurant or coffee shop so they can have a quick treat or delicious meal on you.
- A massage or spa gift card they can use guilt free for a bit of respite.
- A meal delivery subscription to make a few meals a week that much easier.



Lend an ear. Caregivers handle a lot. Sometimes the best gift you can offer is a friendly ear to listen to them. Ask them about their struggles, let them vent or learn more about their loved one's condition. Give them ample time to talk things out and give them your full attention because this makes all the difference. Everyone appreciates an active listener, especially caregivers.



Take them out to lunch. One of the most difficult things for family caregivers is often the feeling of isolation they experience. It can be a challenge to feel normal as a family caregiver.

The caregiver in your life would likely appreciate quality time with you (a friend or family member) outside of caregiving responsibilities. This is a way for you to offer them a brief sense of normalcy.



Provide a gift of service. Here are some ideas:

- A homemade meal that is freezable and easily reheated. Caregivers are often responsible for cooking each meal for the loved one in their care, which is why offering them a homemade meal will be welcomed. Bonus points if it offers leftovers!
- Offer to do a task or errand on their behalf. Whether it's driving their loved one to a doctor's appointment, picking up groceries for them, stopping by the pharmacy, or helping with their children at home, a bit of reprieve is a magnificent gift.



Donate an hour of your time. Gifting a caregiver an hour of your time may be the best gift of all. Whether you hire another caregiver for that hour or volunteer to let them off the hook, time off is incredibly appreciated.

Source: caregivercalifornia.org