

Even the smallest kindness goes a long way.

In honour of **World Kindness Day**, (November 13, 2023) we asked caregivers to tell us how friends and family support them with meaningful care. Surprise a caregiver you know with one of the kindnesses below. It'll make a world of difference.



Be there

Listen, without judgement

Tell them

Let them know you care

Write something

Like an uplifting poem/card

Be Lyrical

Share a feel-good music playlist

Spa Rescue

Create a homemade Spa night

Time out

Spend time with the care recipient to give the caregiver a break

Designated Driver

You drive so they don't have to

Stress-busting massage

At home or in a spa

Huggies please

Free and always welcome

Light and airy

Arrange a hair wash & blow dry

Pharmacy/grocery run

Pick up needed supplies

Send food!

Ready-to-eat or a meal plan subscription

Bring the muscle

Take care of any yard work

Wash the wheels

Clean cars just feel better to drive

Pet care

Walk, feed, scoop. It helps.

Nifty Gifty

Get a gift certificate for cleaning service etc

Sweet talk

Get snacks for caregiver to share with hospital/facility staff

Fix it

Check things off their repair list (DIY or hire)

Make a comfort kit

A care package of goodies for late nights



or CREATE YOUR OWN KINDNESS

- 1 Ask "what would really help you right now?"
- 2 Listen to what your family member, partner or friend needs.
- 3 Take action.