

# Even the smallest kindness goes a long way.

In honour of **World Kindness Day**, (November 13) 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 loved one needs
- 3 Take action.