

# "A Salute to Caregivers" Support List

Caring for a loved one with Alzheimer's disease can be challenging and has the capacity to cause stress for caregivers. Whether it is a family member, church member, neighbor, friend, co-worker or a stranger you noticed caring for a person with Alzheimer's disease, take the time to see how you can help or provide stress relief.



## Family & Food

Have groceries or prepared meals delivered for the caregiver's family to enjoy



## Uplift & Encourage

Create a care package and send a card or gift of encouragement to uplift a caregiver's spirits



## Show Appreciation

Gift a monthly subscription to a movie streaming service like Netflix or a Roku stick for your caregiver to enjoy



## A Day Off

Provide a day of respite to allow the caregiver to go out for a day, knowing their loved one is in good hands



## A Spa Day

Give the caregiver a gift card to a local spa or wellness center for a day of pampering and relaxation



## Sounds of Music

Gift the caregiver and their loved one with a music player or purchase a music streaming service