



## Ways to Help a Caregiver

When someone asks, “How can I help?” or “Let me know how I can help?” consider printing this list off to give to your friend, family member, neighbour or colleague who offers to help. Alternatively, you can create your own list that is personal to you and your loved one.

Sometimes it’s difficult to think of tasks or ways to help when asked on the spot – this list takes that responsibility away from you as the caregiver and offers your supportive network concrete ways to help:

*Arrange to take vehicles in for an oil change or tune up*

*Be the driver; head out for a scenic drive*

*Call or text when going to the grocery store; offer to pick up and drop off items needed*

*Drop off favourite magazines*

*Drop off funny movies*

*File and organize paperwork. Create forms or documents to help with organization of emergency phone numbers, appointments etc.*

*Fill the bird feeder*

*Help with laundry*

*Make a playlist of favourite music*

*Meal prep or invitation for a home-cooked meal*

*Mow the lawn*

*Offer to visit with the person diagnosed with a brain tumour while the caregiver runs errands*

*Pick up and drop off kids at school or extracurricular activities.*

*Rake leaves*

*Share a gift card to a local restaurant or coffee shop*

*Shovel snow*

*Start a food chain with others interested and willing to help*

*Take the dog for a walk*

*Water plants*

Tip to friends and family who want to help: Offer your time. Be very specific with your offering (i.e.) “I am all yours from 9:00 am – 11:00 am on Saturdays” or “I can walk your dog every day at 4:00 pm when I get home from work.”

Brain Tumour Walk events take place in May and June each year  
Learn more and register at [www.BrainTumourWalk.ca](http://www.BrainTumourWalk.ca).