

Since you asked ...

Caregiving is a tough job, and no one should do it alone. Please choose from the list below if you would like to help support me in my caregiving journey.



- Provide a meal!
- Come over for a movie, game or chat!
- Spend time with the care receiver while I run an errand
- Other (see reverse side)

www.OKCares.org

Laundry... Groceries... Meal Prep... Respite... Gardening... Dishwashing

I could also use ...

"The simple act of caring is heroic." – Edward Albert 22-19

Delivery services... Painting... Moving furniture... Planning a celebration