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**HEALTH**

# 10 Gift Ideas for Family Caregivers, According to People Who Have Been There

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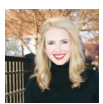
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By **MEGAN O'NEILL MELLE** @MeganEONeill



**N**ovember is **National Family Caregivers Month**, during which we celebrate and thank those who dedicate their time, energy, love and mental well-being to support their family members in need. Four in 10 U.S. adults are currently caring for a sick or elderly loved one, and because that burden typically falls on family members, it's important to offer relief or support whenever possible, especially during the holidays. "Thank-you

gifts for family **caregivers** don't have to be expensive or elaborate. Even a kind gesture or small token of appreciation can mean the world," says **Liwanag Ojala**, CEO of **CaringBridge**. Ojala spoke with patient and family **caregivers** across the country to learn about some of the best gifts they've ever received. Take note during this season of giving:

## Gift ideas for family caregivers

### 1. Time away

"I have been the 24/7 caregiver for my husband the past two years. The best gift was when my kids came together to help, so that I could take a short vacation with friends."

### 2. Pet care

"I was so busy taking care of my mom that walking the dog fell to the bottom of my list. When a friend made a schedule for my neighbors to make sure the dog got exercise, I felt so relieved."

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### 3. Take care of logistics

"Someone got us a monthly parking pass for the hospital. It made things so much easier."

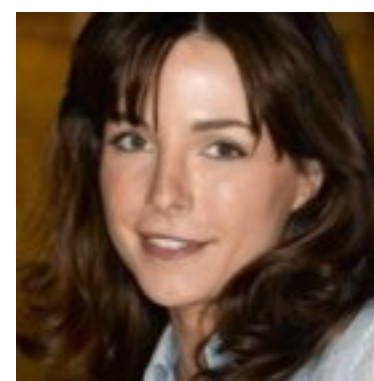
### 4. Time off

"When my husband and I were taking care of my father, I had a few friends who were willing to come stay with him every so often so my husband and I could have quality time together."

### 5. Quality connection

"My sister knocked on the door with a quart of ice cream and two spoons. She said she wasn't going home until all the ice cream was gone. Spending time talking made a hard day easier."

### 6. Remembering holidays



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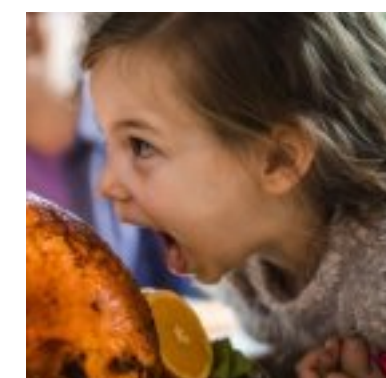
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“My best gift was when my stepdaughter made Thanksgiving dinner for us at our place.”

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### 7. Monetary support

“When I was taking care of my Momma, someone helped pay my car payment for two months. It was a blessing.”

### 8. Meals

“When my daughter was battling cancer, I struggled to find time, energy or means to cook. Her friends took turns bringing us prepared dishes, and it was a godsend.”

### 9. Child care

“Having help getting my daughter back and forth to dance lessons took a huge amount of pressure off me, and also kept her in her routine.”

### 10. Movie night

“Friends came over to watch a movie with me when we weren’t able to get out of the house. It was a great night.”

**Find out how other families find relief in caregiving for loved ones.**



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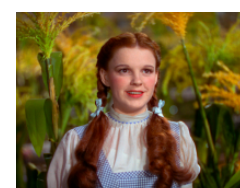
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