

CARING FOR CAREGIVERS (COMMUNITY)

No one knows what tomorrow brings. We know that there will be joys and there will be challenges. And sometimes, life gives us a combination of both as millions of family caregivers can attest. Caring for a loved one can be a rewarding experience, but it can also be exhausting, and cause stress and isolation. These unsung heroes often put their own health and well-being on hold and as a result, have little time to recharge their own batteries. If you know a client, friend, or neighbor caring for a loved one, consider ways you can help give them a much-needed break. Arrange for a relaxing day off. Book an appointment for them at a spa, give them tickets to a sporting event, or treat them to dinner at their favorite restaurant. While they're out, arrange for respite care so they know their loved one is well cared for while they're away. Also, consider asking for donations from local businesses and restaurants that may want to support your cause. With the additional help, you can reward more of these deserving individuals.

WHO TO INVITE

Give back to your clients, friends, and neighbors who are caregivers and need a break. If you don't know anyone, ask friends on social media to nominate folks who make a difference to people in their lives and honor them.

TIMING

Caregivers always need a break so reward them any time you want. However, if you're looking for a recommendation, consider August which is National Wellness Month, or November in celebration of the Thanksgiving holiday.

VENUE

Your caregivers will be pampered all over town. Whether you send them to a spa, a museum, or local hot spot, they're in for a well-deserved break.

AGENDA

Everyone's experience will be different so plan out the caregiver's day from start to finish leaving no stone unturned. Make sure you clearly communicate all details in advance and confirm that their loved one is cared for so they can relax.

WHAT YOU NEED

Supplies

The following are some ideas for rewarding caregivers. Provide experiences yourself or solicit donations from local businesses.

- ☐ Museum tickets
- ☐ Concert tickets
- ☐ Movie tickets
- ☐ Theater tickets
- ☐ Sporting event tickets
- ☐ Restaurant gift cards
- ☐ Overnight hotel stay
- ☐ Spa gift cards

Food & Drink

When you plan your caregiver's day, make sure you arrange for dining out. Make a reservation at a local restaurant or provide them with a gift card.

Also be sure to check out our [Party Planning Checklist](#) to make sure you have all your bases covered.

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GOOD VIBES ONLY

Icebreaker

Start a conversation about deserving caregivers on social media. Let your friends know that you're committed to giving back to these selfless individuals. Ask for nominations and select recipients from the names you receive. Make sure you comment on everyone's posts and thank them for their recommendation.

Music

No playlist necessary for this event but rest assured your heart will be singing all day long.

HELPFUL TIPS

Get the Word Out

Get names of caregivers by reaching out to clients, friends, and neighbors through:

- ☐ Personal phone calls
- ☐ Social media
- ☐ Email
- ☐ Text

Collateral

Further promote your personal brand with the following:

- ☐ Social media posts/shout outs (recognize caregivers)
- ☐ Thank you cards (caregivers, supporting businesses, people who nominate others)