Dementia Care Partner Wishlist

Remember when you said, “Give me a call if you need anything...”

A well-intentioned offer can feel empty if you don’t know what to ask for. Here are a few specific ideas:

Can you call me at an arranged time each week? I don’t need advice; I just need someone to listen.

Could you provide a meal for us? You could order take-out, bring meals, or provide meal delivery service.

Can I call you if there is an emergency or to work through a problem?

Could you help with some home repairs or safety modifications?

Can you provide transportation?

Would you volunteer to spend some time with them? They enjoy playing games and going for walks or drives.

Can you help me with technology?

Can you invite us to join an activity? We feel isolated.

Reach out. Learn to ask for and accept help.

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