

## 5 Ways to Truly Show Up

Practical steps to help someone carrying the heavy, unseen weight of caregiving.

### How to Support a Caregiver

Caregiving is one of the heaviest roles a person can carry and even the strongest caregivers need support. But knowing how to help can feel confusing when they're already carrying so much.

#### 1. Be Present Without Needing to Fix It

You can't solve what they're facing—and they don't expect you to. Often, the greatest gift you can offer is simply sitting with them in the hard places.

- Send a short text: "I'm thinking of you today."
- Sit quietly with them without forcing conversation.
- Remind them that their feelings are valid.

#### 3. Respect Their Boundaries & Energy

- Caregiving often drains physical, mental, and emotional energy.
- If they seem distant, it's not personal, it's survival.
- Give them space, grace, and consistent love.
- Keep showing up, even if they can't always respond.

#### 5. Keep Showing Up

When caregiving ends, a whole new grief begins. After the visits and casseroles stop, that's when your steady presence is needed most.

- Send a check-in message months later.
- Offer to meet for coffee.
- Remind them they are still seen, still valued, still loved.

#### 2. Offer Specific Help

Specific offers are much easier to accept. Instead of asking, "Let me know if you need anything," offer something concrete:

- "Can I bring you dinner Thursday night?"
- "Can I run errands for you this weekend?"
- "I'm free Tuesday if you need a break—I'll sit with your loved one."

#### 4. Remind Them That They Matter Too

The caregiver can easily become invisible behind the needs of others. Small words of encouragement can make a big difference:

- "You're doing an incredible job."
- "I see how much you're giving, and it matters."
- "You're not alone."

You don't have to be perfect. You just have to be willing to show up. Your love, presence, and patience can bring life to weary places.

### Grief Isolates - Healing Connects