



Microsoft Word Photo

You've Been Issued
A Caregiver's Kitchen Pass

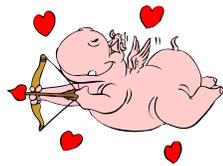
...because you need a "time out"



Microsoft Word Photo

You've Been Issued
A Caregiver's Fresh Air Pass

...because you need a "time out"



Microsoft Word Photo

You've Been Issued
A Caregiver's Date Night Out

...because you need a "time out"



Microsoft Word Photo

You've Been Issued
A Caregiver's Spa Pass

...because you need a "time out"



Microsoft Word Photo

You've Been Issued
A Caregiver's Labor Pass

...because you need a "time out"



Microsoft Word Photo

You've Been Issued
A Caregiver's 3 Day Pass

...because you need a "time out"



Thank a Caregiver!

- Take in a meal.
- Do one hour of housework.
- Sit with her/his spouse for an hour.
- Invite them to dinner.
- Mow a lawn or shovel Snow.
- Give your phone number for a free task!
- Stop, say hello!

Questions about Caregiving?

Salt Lake County
Aging & Adult Services
2001 South State St. Suite S1500
Salt Lake City, Utah 84114-4575
slco.org/aging
385.468.3280

Thank a Caregiver!

- Take me on a picnic.
- Sit with my spouse while I go for a walk.
- Invite us out to dinner.
- Go help with yard work.
- Take me for a drive or to visit a friend.
- Help me weed my garden.

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Thank a Caregiver!

- We are going to the movies.
- The bathroom is now your spa!
- We are going to _____'s to dinner.
- I have a picnic basket for the park, let's go!
- Hide a thank you not on my pillow or in my lunch box.
- Kiss / Hug me!

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Thank a Caregiver!

- The bathroom is now a SPA, go relax!
- Go enjoy a hair cut. (Coupon attached!)
- Read a book or relax for two hours! I'm on duty!
- Surprise me!
- Send me to get a message!
- Smile, hug, and tease me!

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Thank a Caregiver!

- Do one hour of housework.
- Wash the dishes after dinner.
- Bring in dinner.
- Dust and mop for me.
- Do the laundry on _____.
- Do the weekly shopping.
- Bring me a meal or treat!

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Thank a Caregiver!

- Have a nice trip, I will:
- Visit _____ on _____ and _____.
- Visit _____ in the facility.
- Deliver meals on _____.
- Call me on my cell phone if you need me: _____.
- Call in and say hello to your parents daily.

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