You’ve Been Issued
A Caregiver’s Kitchen Pass
...because you need a “time out”

You’ve Been Issued
A Caregiver’s Fresh Air Pass
...because you need a “time out”

You’ve Been Issued
A Caregiver’s Date Night Out
...because you need a “time out”

You’ve Been Issued
A Caregiver’s Spa Pass
...because you need a “time out”

You’ve Been Issued
A Caregiver’s Labor Pass
...because you need a “time out”

You’ve Been Issued
A Caregiver’s 3 Day Pass
...because you need a “time out”
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 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!

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. 

Thank a Caregiver!
We are going to 
the movies. 
The bathroom is 
now your spa! 
We are going to 
dine. 
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!

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!

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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Do one hour of 
housework. 
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spouse for an 
hour. 
Invite them to 
dinner. 
Mow a lawn or 
shovel snow. 
Give your 
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Stop, say hello!

Thank a Caregiver!
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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.

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!

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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.