

Acts of Support:

Actively participate in groups and situations with like-minded people: a faith group, an outdoor adventure group,

an environmental group, a choir, etc.



Be a friend to others, call, invite, listen.



When someone says, "Let's get together," ask when and make specific plans.



Visit your loved one. Take him/her out for a meal or event,

if he/she is mobile.



Call regularly.



Send cards and notes of care and concern.



Let others know of desires and needs and ask for help.



Tell your loved one what he/she means to you.

