



22 Ways to Show You Care – Caregiving at Any Age

Grandchildren can contribute to the well-being of their grandparents in many ways. A visit always brings joy and decreases isolation and depression for both parties.

MAKING OLDER BETTER



Children

- Reading together
- Playing cards or board games
- Look at photo albums
- Play games on a table or phone
- Color or paint
- Go for a walk
- Have a tea party
- Bake cookies together
- Gardening



Preteens and Teens

- All the activities for children plus:
- Technology based communication and video messaging
- Engaging fun apps
- Light housework
- Shopping
- Organizing
- Listening to music from both generations



Young Adults

- All the activities for teens plus:
- Meal planning
- Meal prep
- Sharing tips for time saving, wholistic living, stress reduction
- Run errands
- Exercise together
- Household chores
- Sharing Stories