5 things never to say to Caregivers

1. **What is said:** “Be positive.” Or “It could have been worse.”
   **What Caregivers hear:** “It’s no big deal!”
   **Try Saying:** “This has really affected you. I’m here if you want to talk about it.”

2. **What is said:** “Make sure you take care of yourself.”
   **What Caregivers hear:** “Here’s one more thing for you to do!”
   **Try Saying:** “You should be able to have some time for yourself. I’d like to come over and visit or make dinner.”

3. **What is said:** “How’s he/she doing?”
   **What Caregivers hear:** “Now that he/she has had a stroke, they must not be aware of what’s going on.”
   **Try Saying:** “How are both of you?”

4. **What is said:** “Well, she looks good!”
   **What Caregivers hear:** “There can’t be that much of a difference, right?”
   **Try Saying:** “You’re doing a great job here; it shows!”

5. **What is said:** “Have you considered a nursing home?”
   **What Caregivers hear:** “Just move on; it’s a lost cause.”
   **Try Saying:** “Do you need more help? I’d like to support you.”

Find additional Caregiver resources at StrokeAssociation.org/caregiver