

Supportive Grief Care Offerings

General:

- Show up and listen
- Check-in regularly
- Answer when they call or text
- Continue to gently offer support, even if they've refused help or invitations in the past

Specific:

- Bring them a meal
- Bring coffee or dessert
- Organize a meal delivery calendar
- Return other people's dishes
- Drop off groceries
- Bring paper products - toilet paper, tissues, paper towels, napkins, plates, etc.
- Bring toiletries
- Replenish pantry staples
- Purchase stamps and blank stationery
- Bring art supplies or a journal
- Send a care package
- Help care for their dependents or pets
- Do their dishes
- Wash their car
- Water their plants
- Offer to vacuum
- Take their garbage/recycling out
- Help with lawn care
- Help with their laundry
- Drop-off/pick-up their dry cleaning
- Set up a laundry service
- Set up a cleaning service
- Help organize bills, taxes, or finances
- Help with transportation
- Do home repairs
- Run errands
- Accompany them to spiritual or religious services
- Decorate their home for an upcoming holiday
- Plan a fun night for their kids
- Ask about their loved one by name
- Set a calendar reminder to reach out around milestones and holidays
- Offer to organize a memory book or box
- Help sort or pack up the loved one's belongings
- Help write and send thank you cards
- Give a gift certificate for self-care or workshop
- Give gift cards to favorite stores, bookshops, or restaurants
- Make them a custom music playlist
- Invite them out into nature
- Invite them out for a walk or bike ride
- Watch a movie together
- Get coffee together
- Invite them to do an exercise class together
- Invite them over for the holidays
- Go volunteer with them
- Show up if there is an emergency
- Research resources for them