

# 5 things never to say to Caregivers

Our social community spoke, we listened!

**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.**”

**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?**”

**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.**”

**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](https://www.strokeassociation.org/caregiver)

 American Heart Association |  American Stroke Association  
**Together** to End Stroke™