



TIPS ON HOW TO USE THE CAREGIVER CARD

PLAN AHEAD!!!!!!

- Put 1 or 2 cards with your ID, Credit Cards, Coat, Pockets, Car, and Purse. WE HAVE MORE, SO SPREAD THEM AROUND!
- When your companion asks, "What is that?" or "What are you handing them? Here are things you could say:
 - Business Card, ID card, Medical card
 - "So they know our names"
 - "Our reservation number."
 - "A list of the foods we like."
 - "It was a card they dropped; I am giving it back to them."
- Promptly redirect to another topic.
- Don't be afraid to tell a therapeutic lie.



What are the cards used for:

- To be used in public with your companion
- To be handed out to individuals you interact with in the community:
 - Restaurant servers
 - Airport attendants
 - Flight attendants
 - Store clerk
 - Sporting/Entertainment participants
- Used to decrease caregiver stress
- Tell others your story without having to say a word
- Builds understanding and awareness
- Level the playing field
- Increases your socialization

How do I use the cards:

- Hand the card to the waiter/hostess when they hand you a menu.
- Hand the caregiver card out as you say hello or make introductions.
- Put the card on the checkout belt before putting your food and items.
- Hand the cards out as you sit down to watch a sporting event or show.
- Hand the airport attendant your ID with a card.
- Hand a card out to TSA right as you enter the area.