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AARP Launches 'Random Acts of Kindness for Caregivers' Contest

Contest rallies people of all ages to #BeKindToCaregivers

WASHINGTON, DC—AARP's '[Random Acts of Kindness for Caregivers](#)' contest is underway. The contest encourages people of all ages to recognize and reward family caregivers in their lives in small but meaningful ways, especially during National Family Caregivers Month in November.

Many family caregivers spend 18 hours per week or more providing care like bathing, dressing, preparing meals, administering medications, driving to doctor visits, or paying bills. Sixty percent of caregivers are helping care for a loved one while holding down a job at the same time. 'Random Acts of Kindness for Caregivers' might be something as simple as doing a caregiver's grocery shopping, taking their dog for a walk, or even cutting the lawn.

"I've been a family caregiver my entire adult life and I know that unexpected kindness can go a long way for a caregiver," says AARP Family and Caregiving Expert Amy Goyer, author of the new book *Juggling Life, Work, and Caregiving*. "If you are not one of the 40 million caregivers in the U.S. now, you either have been a caregiver or will be one in the future."

One in every six adults is a family caregiver and surprisingly, 1 in 4 family caregivers is a Millennial (between the ages of 18 and 34). Their family caregiving stories are often filled with love and sacrifice, but may also include financial and emotional stress. Through 'Random Acts of Kindness for Caregivers,' AARP is hoping to give family caregivers a little extra support, joy and relief.

#BeKindToCaregivers Ideas

'Random Acts of Kindness' can encourage overwhelmed caregivers, free them up to have more time with other loved ones they care for, or even give them personal time to relax and rejuvenate. Here are a few ideas:

- wash a car
- pick up the dry cleaning
- water the flowers
- send an encouraging card in the mail
- do an item on a to-do list
- take them dinner
- take their kids to soccer practice
- bring over a movie
- just say thank you!

Those sharing acts of kindness are encouraged to submit stories and a photo of their random acts to the contest website found at www.aarp.org/caregiverkindness. In March 2016, AARP will select 12 winners who have made a meaningful difference in the lives of family caregivers. The winners will share a \$10,000 prize.

A Day in the Life of a Caregiver

The October issue of **AARP The Magazine** takes readers inside the lives of eight families who live through the daily struggles and the surprising joys of family caregiving. These emotional stories open the door to what happens when people care for loved ones who may be a spouse, friend, child or parent. This **video** gives a look into what it is like 24 hours in the life of an American caregiver.

For more information about how AARP is supporting National Family Caregivers Month and for more caregiving resources, visit the AARP Caregiving Resource Center at <http://www.aarp.org/caregiving>.

About AARP

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; www.aarp.org; AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at www.aarp.org.

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