

# PRACTICAL WAYS TO SUPPORT YOUR LOVED ONE

The following are suggestions of ways that you can support your loved one. Not one thing works for everyone – pick and choose from this list or come up with your own ways to help.

- Drive your loved one to appointments and/or treatments. Offer to take notes at doctor appointments.
- Keep them company at home, at the hospital, or during treatment.
- Provide magazines, DVDs, or other fun distractions.
- If you have a special area of interest or expertise, you can offer to be their source of information. Areas that can be helpful include: nutrition, exercise, research, legal and/or medical paperwork/billing.
- Do their yard work (or snow shoveling) without them asking.
- Arrange a cleaning service for their home.
- Arrange for or provide meals.
- When you grocery shop, pick up extras of the essentials, like toilet paper, light bulbs, and laundry soap, and leave it on their doorstep.
- Offer to bring their children with you when your family goes to a movie, park, or restaurant.
- Offer to drive their children to school and/or afterschool activities.
- Arrange a break for their spouse, partner, or caregiver.
- Send cards. Express your love. Fill them in on your news. Leave loving messages on their voicemail.
- Offer to research additional support options.
- Organize or participate in a prayer group with their permission.
- Encourage them to reach out to Sharsheret for support.

