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.

Adapted from: https://touchedbycancer.org/resources/i-am-a-family-member-or-friend-what-is-my-role
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