

25 Practical Tips

to Help Those Facing Serious Illness

When someone we know faces a serious illness, most of us find it difficult to know what to do or say...

There are things you can do!

- 1 Be the friend, the loved one you've always been... don't avoid me.
- 2 Touch me. A simple squeeze of my hand can tell me you will always care.
- 3 Call me to tell me you're bringing my favorite dish and what time you are coming. Bring food in disposable containers, so I don't worry about returns.
- 4 Take care of my children for me. I need a little time to be alone with my loved one. My children may also need a little vacation from my illness.
- 5 Weep with me when I weep. Laugh with me when I laugh. Don't be afraid to share this with me.
- 6 Take me out for a pleasure trip, but understand that I may have limitations.
- 7 Call for my shopping list and make a "special" delivery to my home.
- 8 Call me before you visit, but don't be afraid to visit. I need you.
- 9 Help me celebrate holidays (and life!) by decorating my hospital room or home or bringing me tiny gifts of flowers or other natural treasures.
- 10 Help my family. They are going through this, too. Offer to come stay with me to give my loved ones a break. Invite them out. Take them places.
- 11 Be creative! Bring me a book of thoughts, taped music, a poster for my wall, cookies to share with my family and friends, or an old friend who hasn't come to visit me.

- 12 Let's talk. Maybe I need to talk about my illness. Find out by asking me: "Do you feel like talking about it?"
- 13 Don't always feel like we have to talk. We can sit silently together.
- 14 Can you take me or my loved ones somewhere... we may need transportation to...a treatment, the store, a doctor?
- 15 Help me feel good about my looks. Be genuine.
- 16 Include me in decision making. Please don't deny me a chance to make decisions for my family... my life.
- 17 Talk to me of the future...tomorrow, next week, next year.
- 18 Bring me a positive attitude. It's catching!
- 19 What's in the news? Bring me magazines, photos, newspapers, and verbal reports.
- 20 Could you help me with some cleaning? During my illness, my family and I still have the chores of everyday life.
- 21 Water my flowers.
- 22 Just send a card to say, "I care."
- 23 Pray for me and with me.
- 24 Tell me what you'd like to do for me, and when I agree, please do it!
- 25 Tell me about local support groups so I can share with others.

Follow us for healthy living tips, recipes, and events.



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