



10 WAYS

TO PROVIDE SUPPORT FOR CANCER PATIENT

If you are wondering what you can do to help a friend or loved one who has become a cancer patient, there are many ways to lend a hand. These suggestions for providing medical, emotional and practical support can ease the burden and show that you care.

1 ***RUNNING ERRANDS***

Help conserve their strength by walking/grooming the dog, refilling prescriptions, picking up children after school, buying groceries.

2 ***COMMUNICATION***

Make phone calls on behalf of the patient to update the network; set up an online page to keep everyone apprised.

3 ***BE WITH THEM***

Accompany the patient to doctor appointments; it is always good to have a second pair of eyes/ears. Help by taking notes and maintaining an accurate record of who you spoke with, their contact information and any specific recommendations.

4 ***OFFER HELPING HANDS***

Do a load of laundry; cook a nutritious meal and wash the pots and pans, run the vacuum cleaner and dust. Take out the garbage. Set up a schedule with other friends with specific tasks.

5 ***LEND AN EAR***

Some of the best caregiving you can provide involves just sitting and listening without interjecting advice or counsel. Rather than advice, discuss choices and options.

6 ***BOOKKEEPING SERVICES***

You can help organize bills and figure out what is due when. Help review the patient's health insurance to ensure coverage is being utilized; help explore financial assistance programs.

7 ***KEEP UP MORALE***

You can help coordinate visits of people so the patient can remain connected without becoming run-down or overwhelmed. Offer to write cards and thank you notes.

8 ***GET EDUCATED***

Learning about the disease, medications and potential side effects can help lessen stress for the patient and help them make crucial decisions.

9 ***FIND SUPPORT GROUPS***

Talk with the social worker or other counselors regarding groups that might be beneficial to the patient. Help them attend the sessions by offering a ride.

10 ***TREAT A CANCER PATIENT THE SAME***

Try not to let the condition get in the way; talk about topics other than cancer. People going through cancer sometimes need a break from talking about the disease.