

20 Meaningful Things You Can Do to Help Those Facing a Serious Illness

When a person you care about faces a serious illness, it is hard to know what to do. Here are 20 simple things you can do to show your concern and support.

- 01 Be the same friend you have always been. Don't avoid a sick friend or loved one.

- 02 It is OK to touch. The simple squeeze of their hand tells them you care.

- 03 Bring food! Call and say you are bringing over their favorite dish.

- 04 Watch their children. Take them to the park or movie.

- 05 Show emotion. Cry when they cry and laugh when they laugh.

- 06 Take them out for a pleasure drive but know their limitations.

- 07 Go shopping. Call and ask for their shopping list and deliver it.

- 08 Always call before you stop by or make a delivery.

- 09 Help celebrate holidays by decorating their room or home.

- 10 Help the whole family by staying with your friend while they all get a break.

- 11 Be creative. Take a book of thoughts, music, a poster for the wall or cookies to share.

- 12 Talk about it. Maybe they need to talk about their illness. Ask them.

- 13 Sitting quietly is OK. Don't always feel like you have to talk.

- 14 Provide transportation. Ask them who needs a ride.

- 15 Tell them how you would like to help, and if they says it's OK, then do it.

- 16 Include your loved one in the decisions the family makes.

- 17 Bring a positive attitude when you visit. It can be catching!

- 18 Help with the cleaning! Clothes, dishes, the house—they all need to be cleaned.

- 19 Send a card with a nice message to let them know you care.

- 20 Share the news! Verbal reports help them feel like they're a part of the world around them.