

# 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.