


# 10 WAYS TO PROVIDE SUPPORT FOR A CANCER PATIENT



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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 that 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.