

*When someone we know faces a serious illness, most of us find it hard to know what to do. Feeling helpless and uncertain, we say “if you need anything, just call,” but we know that’s not really enough.*



*Here is a collection of truly useful ideas you can use to show your concern and support for people who are close to you.*

You may have questions about Hospice or your specific situation.

If so, please call or write:



Our Non Profit Services Include:

Hospice

Bereavement

Home Health Care

(973) 383-0115

800-882-1117

[www.karenannquinlanhospice.org](http://www.karenannquinlanhospice.org)

Prepared by The Hospice Association of WNY.  
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# 25 Practical Tips

You Can Use to  
Help Those Facing  
Serious Illness.



**Don't avoid me.**

Be the friend...the loved one you've always been.

**Touch me.**

A simple squeeze of the hand tells me you still care.

**Call and tell me you're bringing over my favorite dish**

Bring food in disposable containers so I won't worry about returning them.

**Watch my children**

while I take a little time to be alone with my loved one. My children may also need a little vacation from my illness.

**Cry with me**

when I cry and laugh with me when I laugh. Don't be afraid to share these emotions with me. Pain isolates. Help me reconnect with others.

**Take me out for a pleasure trip, but know my limitations.**

**Please include me in decision making.**  
I've been robbed of so many things. Please don't deny me a chance to make decisions in my family or in my life.

**Before you visit, call to let me know, but don't be afraid to visit. I need you.**

**Help me celebrate holidays (and life)**

by decorating my hospital room or home, or by bringing me flowers or other natural treasures.

**Help my family.**

Invite them out. Take them places. I am sick, but they may be suffering also. Offer to come and stay with me to give my loved ones a break.

**Be creative.**

Bring me a book of thoughts, taped music, a poster for my wall, cookies to share with my family and friends.

**Let's talk about it.**

Maybe I need to talk about my illness. Find out by asking me, "Do you feel like talking about it?"

**Don't always feel we have to talk.**

Sitting quietly together is fine.

**Can you take me and/or my children somewhere?** I may need transportation to a treatment, to the store or to my physician.

**Help me feel good about my looks.**

**Talk to me about the future.**  
Tomorrow, next week, next year.  
Hope is so important to me.

**Bring me a positive attitude.**  
It's catching. Help me respect reality.

**What's in the news?**

Magazines, photos, newspapers and verbal reports keep me from feeling the world is passing me by.

**Could you help me with some cleaning?**  
During my illness, my family and I still face dirty clothes, dirty dishes and a dirty house.

**Water my flowers.**

**Just send a card,**  
to let me know you care.

**Pray for me**  
and share your faith with me.

**Tell me how you'd like to help me**  
and, when I agree, please do so.

**Tell me about support groups**  
so I can share with others.