

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.

We have offices in  
Newton & Phillipsburg, NJ and Milford, PA  
to serve North, Northwest, NJ  
and Pike County, PA

You may have questions about  
Hospice or your specific situation. If  
so, please contact us.

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# 25 Practical Tips

You can use to  
help those facing  
serious illness.

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

Prepared by The Hospice Association of WV.  
Condensed from the brochure "25 Tips to Help  
Those Facing a Serious Illness" Saint Anthony's  
Health Center, Alton, IL. Special thanks to Saint  
Anthony's Health Care Center MAKE TODAY COUNT  
for reprinting permission.





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.

Call for my shopping list  
and make a special delivery to my home.

Help me feel good about my looks.



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.

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.

*Thank you.*

  
Karen Ann  
**Quinlan**  
Hospice