

Reaching Out...

Ways to Help Others Experiencing a Serious, Life-limiting Illness

- #1 **Be a good listener...** Don't always feel that you need to talk. You can just sit quietly together, which says you care.
- #2 **Don't avoid the patient...** but continue to be the friend or family member you have always been.
- #3 **Remember caregivers need support, too...** Offer to stay with the patient to give them a break.
- #4 **Keep in touch...** Send a card or a note just to say you care or are thinking about them.
- #5 **Share inspirational thoughts...** Bring a book, poem, music, artwork or any special treat.
- #6 **Help with simple chores...** Offer transportation for a doctor's appointment, shopping or other family needs.
- #7 **Keep them in touch...** Bring magazines, newspapers, photos, and news to keep your loved one from feeling the world is passing them by.
- #8 **Don't be afraid to share emotions...** Whether laughter, tears, or fears, be sensitive to others feelings.

It's never easy to learn that someone you care about is going through a serious, life-limiting illness. It's just as hard to know what to say or do.

More than half of all Americans will have a loved one – family member or dear friend – diagnosed with a terminal illness in the coming year. Because of feeling awkward or uncertain, we may decide to do nothing or avoid the situation, which can only add to the challenges for the patient.

Can Hospice help you and your family? Hospice of the Piedmont offers a medically-directed team of professionals to care for a patient's physical, emotional, and spiritual needs during the last stages of serious illness. Grief support is also available for family members of all ages. Call for more information.

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