



## Show Your Concern and Support

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 really not 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.

## Facts About Hospice Care

- Studies show hospice patients live longer, on average, than those receiving standard care.\*
- Hospice patients experience fewer hospitalizations and fewer uncomfortable, invasive procedures.
- You can keep your regular doctor.
- You can opt out at anytime.

\*2010 study by the *New England Journal of Medicine*.

Our mission is to provide care, comfort and dignity to patients with serious illness and support for their families.

Reprinted with permission from Saint Anthony's Health Center, Alton, IL: "25 Tips to Help Those Facing a Serious Illness"



**Tips to help your loved ones facing serious illness**

**(716) 686-8000**

It's never too early  
to call on a compassionate hand.  
We're here to comfort, to guide  
and to support you.



**HOSPICE**  
**BUFFALO**

Phone: (716) 686-8000

225 Como Park Boulevard, Cheektowaga, NY 14227-1480

Fax: (716) 686-8101 • [HospiceBuffalo.com](http://HospiceBuffalo.com)

09.2019



**HOSPICE**  
**BUFFALO**

*Care for them. Comfort for you.*

# 25 PRACTICAL TIPS TO HELP YOU WITH YOUR LOVED ONE

- 1 Don't avoid me.** Be the friend... the loved one you've always been.
- 2 Touch me.** A simple squeeze of my hand tells me you still care.
- 3 Call me to tell me you're bringing over my favorite dish.** Bring food in disposable containers so I won't worry about returning them.
- 4 Watch my children** while I take a little time to be alone with my loved one. My children also may need a little vacation from my illness.
- 5 Cry with me** when I cry, and laugh with me when I laugh. Don't be afraid to share these emotions with me.
- 6 Take me out for a pleasure trip,** but know my limitations.
- 7 Call for my shopping list** and make a "special" delivery to my home.
- 8 Before you visit, call to let me know,** but don't be afraid to visit. I need you. I am lonely at times.
- 9 Help me celebrate holidays (and life)** by decorating my hospital room or home, or by bringing me flowers or other natural treasures.
- 10 Help my family.** I am sick, but they may be suffering. Invite them out. Take them places. Offer to come and stay with me to give my loved ones a break.
- 11 Be creative.** Bring me a book of thoughts, taped music, a poster for my wall, cookies to share with my family and friends.
- 12 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?"
- 13 Don't always feel we have to talk.** Sitting quietly together is fine.
- 14 Can you take me and/or my children somewhere?** I may need transportation to a treatment, to the store, or to my physician.
- 15 Help me feel good about my looks.**
- 16 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 my life.
- 17 Talk to me about the future...** tomorrow, next week, next year. Hope is so important to me.
- 18 Bring a positive attitude –** it's catchy. Help me respect reality.
- 19 What's in the news?** Magazines, photos, newspapers and verbal reports keep me from feeling the world is passing me by.
- 20 Could you help me with some cleaning?** During my illness, my family and I still face dirty clothes, dirty dishes and a dirty house.
- 21 Water my flowers.**
- 22 Send a card** just to let me know you care.
- 23 Pray for me** and share your faith with me.
- 24 Tell me how you'd like to help –** and, when I agree, please do so.
- 25 Tell me about support groups** so I can share with others.

Call us today for a no-cost, no-obligation, in-home consultation.

(716) 686-8000

