



There are so many things that can help someone going through cancer. Here are several ideas that you can consider:

- Offer to take them to an appointment. Chemo appointments are difficult for the patient but I found them to be less serious if I allowed a friend or family member to accompany me. We played games, searched the internet for things to buy, or houses we wish we could afford and really made a day out of it. If I had a long chemo appt. I would split it up with two or three people that would come and go so no one had to sit there the entire day.
- Make a “having a bad day basket” filled with inexpensive but thoughtful gifts individually wrapped within the basket. When I was down or not feeling well from chemo, I would perk myself up by grabbing a gift, unwrapping it and smiling at the thought that went behind it. I got lolly pops, Bert’s Bees hand products, a harmonica, a throw blanket, and so many other great gifts.
- Drop off a bouquet of everyday flowers with a “thinking of you” card on the day of chemo. When I got home from my chemo every third week, a bouquet of flowers awaited me with a thoughtful note from a friend. They made me smile and it helped my friend be a part of my healing.
- Do some research on side effects your friend is having and see if there are foods that can help. I received ginger pops from a friend who knew I had nausea. Another friend brought me fruit flavored life savers to combat metal mouth. Another friend makes me deviled eggs when I don’t feel like eating but need protein.
- Offer to take the kids out of the house for awhile. Although my kids are older, it was so helpful when I first went through this 6 years ago to have the kids kept occupied as much as possible making their experience through this as “normal” as possible.
- Offer to make a dinner. This one is tough. I received lots of offers for dinners and often said no because I wasn’t interested in eating. A friend pointed out to me that I have 3 others in the house that actually want and need to eat so I accepted the offers from that point on.
- Make a “countdown” tear off chart that the patient can use after each chemo treatment. I recently had to undergo 18 chemotherapy treatments and unfortunately your body doesn’t always rebound enough for the next one to occur on schedule. So my sister-in-law made me a countdown sheet instead of using a calendar. After each treatment I would come home and tear off the treatment number, in my case 18, then 17, then 16 all the way to 1. Each sheet had something whimsical or funny on it that made me smile. This way I wasn’t relying on a calendar to know when my last treatment was, the number left was right in front of me. It felt great to tear off that last one which said, simply, “HOORAY”!