



10 TIPS:

CARING FOR A FRIEND WHO IS TERMINALLY ILL

- 1 DON'T FEEL YOU MUST TALK.**
A very ill person may not be able/willing to talk, but he/she will still take comfort in knowing you are there.
- 2 TAKE AN OBJECT FOR YOUR FRIEND TO HOLD,**
like a small glass heart or cross to remind the person that he/she is loved by you and by God.
- 3 SHARE YOUR HONEST FEELINGS.**
False cheerfulness is not helpful. Admit your helplessness and concern. Saying, "I would like to help you, but I don't know how," is a straightforward expression of concern.
- 4 USE THE POWER OF TOUCH.**
If allowed, hold your friend's hand or pat his/her shoulder. Human contact is what sick people need, but rarely receive.
- 5 IF YOUR FRIEND CAN'T SPEAK,**
ask him/her to squeeze your hand to answer questions—one squeeze for no, two for yes. Take care not to overdo it.
- 6 BRING SMALL APPROPRIATE GIFTS.**
Flowers may not be allowed, but lotions, creams and lip balm can provide a different kind of relief.
- 7 CARE FOR FAMILY MEMBERS STANDING BY.**
Take newspapers, magazines, cookies or muffins—something that will help them get through the long hours of waiting.
- 8 DONATE YOUR FREQUENT FLYER MILES**
or give an airline gift certificate to a family member who lives far away so they can visit.
- 9 KEEP IN TOUCH**
through regular emails, texting or online update sites. Say something—anything. Let them know they are not alone.
- 10 BE A GOOD LISTENER.**
Sickness can be a very lonely journey. Ask, "What do you feel like talking about today?" People will tell you what they are ready to talk about.