

10 TIPS FOR SUPPORTING SOMEONE WITH CANCER



A survivor by your side.

How CanCare Helps:



CANCARE:

- > MATCHES YOU WITH SOMEONE WHO HAS GONE THROUGH A SIMILAR CANCER EXPERIENCE, WHETHER YOU ARE A PATIENT OR A CAREGIVER
- > ALLOWS YOU TO TALK FREELY AND OPENLY ABOUT EXPERIENCES AND CONCERNS
- > IS AVAILABLE TO PATIENTS WITH ANY TYPE OR STAGE OF CANCER
- > HELPS YOU FIND HOPE AFTER A CANCER DIAGNOSIS
- > IS FREE & CONFIDENTIAL

HOW CAN I HELP MY LOVE

WHEN YOU HEAR THE WORDS “YOU HAVE CANCER”, YOUR LIFE — AND THE LIVES OF THOSE WHO LOVE YOU — ARE TURNED UPSIDE DOWN.

IF YOU LOVE SOMEONE WITH CANCER, YOU MAY WANT TO HELP BUT NOT KNOW HOW BEST TO BE SUPPORTIVE. IF YOU HAVE BEEN DIAGNOSED WITH CANCER, YOU MAY HAVE PEOPLE AROUND YOU WHO WANT TO HELP, AND YOU MAY NOT KNOW WHAT TO TELL THEM.

THE FOLLOWING ARE TEN TIPS FROM THE WISDOM OF THE CANCARE COMMUNITY OF CLIENTS AND VOLUNTEERS THAT MAY HELP YOU AND YOUR LOVED ONES THROUGH THE CANCER JOURNEY.

WE ENCOURAGE YOU TO REACH OUT TO CANCARE TO BE MATCHED WITH A SURVIVOR OR CAREGIVER VOLUNTEER WHO HAS WALKED THIS PATH, PARTICIPATE IN OUR SUPPORT GROUPS, OR REQUEST PRAYER.

VISIT WWW.CANCARE.ORG FOR MORE INFORMATION ON HOW WE CAN HELP.

ED ONE WHO HAS CANCER?

1 Be Positive

Today there is so much hope in dealing with cancer. Individuals with cancer need a handshake or a hug of confidence. A cancer diagnosis is a crisis, but do not assume the person you love will die of cancer. After treatment, many cancer survivors live out their normal lifetime cancer-free.

2 Listen!

Individuals with cancer need to talk about what has happened and express honest feelings. Stay in touch. A second visit shows that you really care.

3 Tears are OK

Your loved one may also need to cry with you. It's normal to have a lot of feelings about cancer and healthy to express them.

4 Remember, Cancer Affects the Caregivers too

Kindness shown to caregivers helps the person with cancer. You could offer to come and stay with the person with cancer to give the caregivers a break or take children out for some diversion.

5 Love and Support Are Needed

People dealing with cancer don't need pity. Pity doesn't help morale. Encouragement gives confidence to face the realities of cancer. Your loved one may be lonely and afraid. Send cards, a book or a video for a laugh. Bring a favorite dish. Show love by celebrating life.

6 Pray for your Friend with Cancer

CanCare believes in the healing power of prayer. Praying for and with your loved one can ease stress and promote healing.

You can submit a prayer request to CanCare by visiting www.cancare.org/prayer.

7 Offer Specific Help

Do not say, "Call me anytime" if you don't mean it. Say what you are willing to do. "I can drive you anywhere or do any errand for you on Tuesdays," or "I'll bring meals the next two Monday nights. Are there any foods I should avoid?"

8 Use the Word "Cancer"

It is only a word for the disease, not a sentence. Avoiding the word cancer can, even if not intended, minimize the reality of what someone is experiencing. Avoid making decisions for your loved one. Help them be a part of any decision making. Include them in as many usual events as possible.

9 Make Phone Calls and Visits Short and Upbeat

Individuals with cancer need success stories, diversion, friendship and hope. Staying away sends a bad message. Short visits show love and consideration. Call before you visit to make sure that your timing works for your loved one.

10 Contact CanCare

CanCare supports cancer patients and caregivers through the cancer journey.

Visit www.cancare.org to be matched with a survivor or email groups@cancare.org to join a support group today."



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