



Ways That I Can Ask for Help as I Meet the Challenges of My Illness

Remember...

I am not cancer.

Yes, I have an illness called cancer.

I am not contagious.

Ways I Can Ask for Help

Stay in Touch

I can ask you to... *BE CONNECTED...*

- Send me cards
- Telephone
- Leave me a note
- Send me photographs
- Leave me messages
- Tell me the usual news
- Be regular with your contact

I can ask you to... *SHARE HUMOR...*

- Send me a cartoon
- Tell me a joke
- Watch a funny movie with me
- Laugh with me

Send Me Healing Energy

I can ask you to... *KEEP ME COMPANY...*

- Visit me (call first!)
- Come only when you are well
- Sit with me
- Take me: for a walk, for a car ride, to a place in the sun
- Watch a video with me
- Read to me
- Let me know what you are willing to do, tell me when you are willing to do it
- Pray for me
- Give me a hug

I can ask you to... *LEND OR BUY...*

- An answering machine
- Reading lamp
- Tape recorder/"Walkman"
- Wedge Pillow
- Egg carton mattress pad
- Juicer
- Remote control

Give Me the Gift of Time

I can ask you to... *GIVE SITUATIONAL SUPPORT...*

- Take me to church, to synagogue
- Take me to the beach, to a park, to the lake
- Take me for a picnic, for a haircut, for a Massage
- Take me to the doctor, to the drug store, to the grocery store

Focus on My Needs

I can ask you to... *CREATE A CONVENIENCE BASKET*

- With books, magazines, writing materials, tissues, snacks, bells, water bottles, makeup pouches, a light shawl or blanket
- Bring me a stuffed animal or a favorite stone
- Bring my favorite food to the hospital for me
- Pick some flowers from my garden to bring into the house

I can ask you to... *ASSIST WITH PERSONAL TASKS...*

- Arrange appointments
- Arrange appointments for a manicure, pedicure, facial, massage
- Update lists of cards and gifts
- Address thank-you card envelopes
- Draft a thank-you letter for me to sign
- Be the key person on a phone tree to keep others updated

I can ask you to... *EASE HOUSEHOLD TASKS...*

- Bring me a meal, cookies, snacks, fresh produce from your garden
- Empty the wastebaskets, the dishwasher, the dryer
- Fold the laundry
- Mow the lawn
- Arrange for the necessary daily maintenance chores to be done

REMEMBER MY DEAR ONES

I can ask you to... *THINK ABOUT MY CARETAKER...*

- Ask how they are
- Give them some time away by caring for me
- Take them out for dinner or a night on the town or shopping
- Give them a call and ask how they are doing
- Arrange for them to get a massage, a facial, a haircut

I can ask you to... *THINK ABOUT MY FAMILY...*

- Spend time with my children
- Take my children to the park, to the zoo, to a museum, to a birthday party
- Take my family out to dinner
- Make my family dinner at your house
- Walk my dog
- Feed my cat
- Water my plants

Suggestions based on book *Ways You Can Help* by Margaret Cooke and Elizabeth Putman

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