

The Best 50 Things You can do for Someone Going through Breast Cancer (Or Any Serious Illness)

1. Offer to read through their insurance policy for and with them.
2. Set up a notebook/folder with all of their important information.
3. Gift them a file box for all the paperwork they are going to accumulate.
4. Do some research, present it, and let them decide.
5. Send a quick email or message letting them know you are thinking of them.
6. When you check in, don't always ask about details about their health.
7. Deliver a pre-made meal in a container you don't need returned.
8. Add "No need to respond" to the end of your message. They will appreciate hearing from you without the need to do anything in return.
9. If you are a close friend, offer to be the "point Person" for incoming calls, visits and offers to help.
10. Offer to create and manage a schedule for them. (Rides, visits, medications, Doctor's. appointments...)
11. Offer to be the "communication person" that sends out updates about their health. If they prefer to do this themselves, help them get set up on **CaringBridge.com**.
12. Just listen; don't give advice or try and cheer them up. Let your buddy talk.
13. Think about what they enjoyed doing before they became ill. If they can still enjoy that activity, make it happen!
14. Send them a gift card for on-line healthy meals.
15. Gift an **Uber** or **Lyft** gift certificate if you're not available to offer a ride.
16. Let them know you are "on call" for emergencies.
17. Send them a small gift or card.
18. Ask them to join you for a beauty treatment that they can tolerate.
19. Offer to take them to a movie. If they'd rather not leave the house, come by with a rental.
20. Cancer can be overwhelming; offer specifics instead of just asking "what can I do."
21. Send a text the next time you are in the grocery store "I'm here, what can I pick up for you?"

22. Pick up extra paper goods the next time you are out shopping. It's nice to not have to do dishes!
23. Send a text the next time you are at Target, Walmart, the Post Office or the drug store. If you are already there, it won't feel like an imposition.
24. Offer a ride to chemo, offer to stay. They may not want company, so ask.
25. Gift a hat or scarf. Cashmere is the softest, acrylic is the scratchiest, and a silk scarf will slide right off their head!
26. Gift a comfy soft blanket or throw.
27. Offer to go shopping for wigs with them, it can turn into a fun event. Doing this alone can be depressing.
28. Offer to take them shopping for some loose-fitting shirts or soft camisoles while they have drains; men's colorful shirts work well.
29. Gift a good uplifting book (perhaps Pink Lemonade!) Amazon gift cards are a wonderful surprise for the Kindle crowd.
30. Send over a mobile masseuse. Always ask in advance if this is something they would enjoy.
31. Send over a housekeeper to clean up their home. Take care of all the details; all they have to do is open the door.
32. If sending flowers, remember fresh flowers can be an infection for cancer patients with a weakened immune system.
33. Gift a cute pair of earrings. Adds a touch of fun and femininity once the effects of chemo kick in.
34. Offer to come by and take the dog to the groomer or for a walk.
35. Ask for a task. Laundry, groceries, or an errand; you are "in and out".
36. Give them a gentle hug and let them know you are on their side.
37. Offer to help them sift through and respond to emails. The number of emails can be overwhelming; important ones can get lost in the shuffle.
38. Set a calendar alert to remind you to check in with them for a quick hello or offer to help.
39. If they have children, offer to babysit, pick up from school, or have the kids over for a sleep over.
40. Offer to come by and do some gardening or watering. Take out their trash on trash day/night before.
41. Order take out and have it delivered. Ask what their favorite restaurant is. Grocery stores will also deliver.

42. Deliver a meal yourself. Follow any dietary guidelines they may have. You can always leave it on the front porch in a cooler if they aren't up for a visit.
43. Email them or call with a silly joke or cartoon. (I had a friend do that and it always made me smile)!
44. Buy a monthly parking pass for the family members when the patient has prolonged hospitalization.
45. Donate vacations hours if the patient is a co-worker. (Hundreds of graciously donated hours allowed me stay off work during my radiation treatments).
46. If your friend will accept it, give them some cash. Cancer expenses can add up.
47. Offer to take them for a drive to the beach. A walk on the beach (or lake or mountains or even the park) can be refreshing to the body and soul.
48. Focus on them, don't subject them your own drama; keep it light.
49. Remember to still be there for them when it's not so new anymore.
50. **Tell them** you love and care about them. This means a lot.

