

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, makeu 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

