



## How to Help Me -

Being of assistance to an individual is a wonderful gift. Being of assistance to a patient, who is unable to complete even the most routine of tasks, is priceless. Equally priceless is being of assistance to a patient caregiver. The brain tumor journey can be equally as daunting for both the patient and the caregiver and there are countless ways in which you can provide assistance to both.

First, start by making the statement "I want to help you" and complete the statement with something like "I have Thursday or Friday from 3:00pm-6:00pm available to come do laundry". Follow that statement with the question "which day works best for you?"

Believe it or not, the statement "I am available on X day" shows greater forethought, and greater sincerity. It has far greater meaning than the statement "let me know if I can help". If you truly want to be of help, re-phrase your statement, and you'll see what a difference a few words make. Below is a list of ways in which you can be of assistance to the patient and/or the caregiver:

- Transportation to medical appointments
- Sit with the patient while the caregiver takes a nap
- Massage / Acupuncture
- Give me for a manicure or pedicure
- Set up a schedule to make sure someone is always with me or checking on me
- Bring practical gifts, like fruit baskets or books instead of flowers
- Exercise with me
- Help me exercise my brain
- Picking up my mail and newspapers while I am getting treatment
- Pet sitting
- Baby sitting
- Offer to strip the bed/change the sheets
- Offer to clean my house or offer to hire a maid
- Coordinate meals so all meals are not delivered at one time
- Schedule visits so that I am rested when you come to see me
- Bring me audio books
- Make me laugh
- Laugh with me
- Watch for my mood swings
- Rent videos for me
- Watch movies with me
- Accept my honesty
- Don't try to "sugar coat" my feelings
- Don't tell me that everything is going to be fine
- Be aware I may be immuno-suppressed, and don't visit if you are sick