



#### **IDEAS TO HELP A FRIEND WITH CANCER.**

- Offer to watch their child/children so they can rest
- Offer to clean their home or pay for a cleaning service to come in
- Take them to a movie
- Deliver a prepared dinner to their home for patient and spouse
- Do the grocery shopping
- Run an errand
- Offer to make out a schedule with open slots for volunteers: yard mow, vacuuming, bring in dinner, take kids to: children museum, movie, swimming, etc.
- Do a load of laundry
- Clean their bathrooms
- Fix easy meals they could freeze, microwave etc.

#### **Thought from a cancer survivor:**

"When I was having chemo, the best gift I received was when a friend paid a cleaning lady to come and clean my whole house one time. Some of us may feel more comfortable with someone we don't know cleaning our house, rather than having a friend "see how dirty it is" or "poking around" where private items may be found."