

ESSENTIAL GUIDE TO **CANCER CARE SUPPORT**

FREE

JUST BE THERE

- Be an active listener—don't try to fix, just create a safe space
- Don't pry or ask exhausting questions
- Respect their wishes (i.e. no cancer talk, prayers, or just entertainment)

PRACTICAL HELP

- Offer specific help:
“Can I bring you dinner Thursday?”
“Can I drive you to treatment?”
- Watch their kids, clean their house, run errands
- Be a note-taker at medical appointments

ORGANIZE SUPPORT

- Offer to be the point person for communication and support efforts
- Coordinate a meal train, housekeeping, child care, or errands
- Always use disposable containers when delivering food

THOUGHTFUL ENTERTAINMENT

- Create a Spotify playlist (soothing, hype, or “F**K Cancer” themes)
- Suggest or gift books, shows, or podcasts for long treatments
- Write a letter of encouragement (or organize a letter collection)

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COZY & PRACTICAL GIFTS

- **Heated blankets, cozy socks, robes, slippers**
- **Chemo essentials: Neck pillow, eye mask, lap desk, hard candies (e.g., Lemonheads, Mentos)**
- **Special clothing: Post-mastectomy pajamas, port-accessible hoodies, cute beanies/hats**

CELEBRATE MILESTONES

- **Recognize final treatments, anniversaries, or surgery days with texts, cards, treats, signs, celebrations**
- **Show ongoing support—don't forget about them after treatment has finished**

MEANINGFUL GESTURES

- **Jewelry or shirts in a specific theme to show solidarity**
- **A comfort talisman (smooth stone, small stuffed animal, prayer beads)**
- **A small calendar to track treatment cycles and emotional highs/lows**