



## Supporting Tasmanian families affected by cancer

### HOW YOU CAN HELP A LOVED ONE...

We are often asked "How can I help my loved one going through cancer?"

We recommend **JUST HELPING!** Often your loved one will be overwhelmed by their situation or experiencing brain fog from chemotherapy, and unable to think of which areas they need help with.

Try not to ask your friend "How can I help you?"

This becomes another problem for them to solve. Try offering solutions!

### TRY...

1. Offer 2 x simple options so they can choose which one suits them best.  
"Would you like me to cook dinner for you this week OR mow the lawns and trim the hedges?"
2. Just HELP. Text your friend and tell them that you ... "will be arriving at 4pm with a precooked dinner for the family". Try to deliver the meals in a disposable container which does not need to be cleaned or returned.
3. Keep in touch. Call or visit your friend regularly. A severe illness diagnosis can feel very isolating for anyone. Be mindful to make your visit short (unless they ask you to stay). Your friend will be tired, as most cancer treatments are draining on the entire body.  
Stop in and make them a cup of tea for you both...don't expect to be waited on like a guest. Instead, have a chat and check in while you hang out a load of washing...sweep the floors...wash up the dishes...offer a hug.
4. Although offering support for cancer treatment is great (lifts to appointments, chemists and hospital), we highly recommend a 'day off' each week. A moment to tune out from the medical world and recoup. A 'cancer free day'. We recommend a light activity that the patient enjoys. A slow walk in nature, a swim, a lunch date, a movie date, reading in the sun, a massage...

For anyone concerned about the mental health of a loved one, contact

Lifeline: 13 11 14 / Kids helpline: 1800 55 1800

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