

## Wonderful Ways to Help Caregivers and Brain Tumor Patients

1. **Pick up milk, juice, chicken,** etc. for us. Or call me from the grocery store and ask me for a short list of things we need.
2. **Call me.** I am so stressed and worried, I really need a friend (or mom, dad, sister, brother) to talk to.
3. **Help me with the laundry.** I have been so busy, the laundry is really piling up.
4. **Come over and help me clean a little.** Low blood counts from chemo mean we have to be extra careful about germs, so helping me keep the kitchen and bathrooms clean would really help.
5. **Please offer to watch our kids** when we have doctor's appointments.
6. **Have our kids over for dinner** (or for a weekend or a movie) it would relieve a little stress for me and also give them a chance to have some fun.
7. **Drop off pre-made meals occasionally** that we can heat up, it would save a lot of time for us.
8. **Offer to go out to lunch, dinner with me.** I really need a break from all my stress and would love even just an hour of "normal" time.
9. **Come visit "us" in the hospital.** The hospital is so lonely and scary sometimes, it would really help all of us to have a friendly face around.
10. **Take a walk, bike ride or go to an exercise class with me.** I need to relieve my stress with exercise, but I am so stressed out and worried I could really use some encouragement.
11. **Keep calling us,** even if only to leave cheery messages on the machine. We have been so busy with the hospital and doctors that we haven't had time to return your call . We need positive encouragement, and your messages are precious to us.
12. **Pray with us and for us.** Please set up a prayer chain or some sort of link with our church. We need lots of encouragement and support right now.
13. **Be patient with me.** I am a caregiver for a brain tumor patient and it is the scariest and most stressful thing I have ever done. I am so worried, and stressed out; I might be upset, frustrated and angry, which may come across as being snippy or argumentative. Please understand that I need your love and support, but I am having a hard time reaching out.