

- **Avoid offering advice when it is not asked for.**

Comment like “I think you should...” imply that you are an expert in the situation and know how the individual feels. In reality, you don’t know what the loved one is experiencing; everyone is different. Instead convey that he/she is loved, cared for and will be supported.

- **Offer to help with everyday tasks.**

Picking up the kids from school or sports practices, cooking a meal, washing clothes, picking up groceries are all things the patient and his/her family will appreciate.

- **Don’t be afraid of humor.**

Humor and laughter are good coping mechanisms for difficult times. Laugh with the loved one over their jokes instead of using your own.

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REFERENCES:

- BUCKMAN, ROBERT. *“I don’t know what to say...” How to Help and Support Someone Who Is Dying.*
- RANDO, THERESE A. *Grief, Dying, and Death: Clinical Interventions for Caregivers.*