

# Ways to Support a Loved One With Cancer



## Be an active listener.

- **Check in regularly:** A simple text, call, or visit shows you care
- **Listen without judgment:** Let them share their feelings without needing to 'fix' anything
- **Respect their boundaries:** Some days they may want to talk, other days they may need space and that's okay

## Cancer is exhausting; help them enjoy a break with a night out/in.

- **A casual night in:** Bring takeout, rent a movie, or plan a low-energy game night, or arrange a virtual trivia night
- **A relaxing day out:** A short outing like a coffee date, drive, park visit can lift their spirits, or book a spa day to pamper them

The goal is quality time. Respect their boundaries. If they're tired, be flexible with the itinerary. Let them decide what feels right.



## Small acts of service can make a big difference.

Consider setting up a task calendar (*check out sites like Care Calendar and Rallyhood*), to rally friends and loved ones, who can trade off providing:

- **Meal support:** Use a meal train, collect gift cards, or drop off easy-to-heat, nutritious meals (*Check out sites like mealtrain.com or takethemameal.com*)
- **Errands:** Arrange for cleaning, laundry, or pet care, household maintenance, pick up groceries, medications, or
- **Transportation:** Offer rides to appointments or offer to take their kids to and from school

## A simple care package can brighten their day.

Think about including:

- **Comfort items:** Cozy socks, skincare, blankets, or a soft beanie (*Check out sites like Rock the Treatment and Wrapped in Love for cancer specific products*)
- **Entertainment:** A book, magazine, game, or puzzle for downtime
- **Treats:** Herbal tea, snacks, or a favorite candy
- **Personal touches:** A handwritten note, photos, or something meaningful

Customize it to their needs—some may prefer practical gifts like skincare for chemo side effects, while others appreciate fun distractions.

People often hesitate to ask for help. Offering specific tasks instead of saying, "Let me know if you need anything." makes it easier for them to accept support.



## Remember, you're not alone either. Ardynn is here for members and loved ones.

When you connect your loved one with Ardynn, you're giving them more than a service. You're providing them with a trusted ally, and in turn, giving yourself peace of mind that they're being cared for in a way that's personal, thoughtful, and comprehensive. At Ardynn, we understand that cancer impacts not just the person diagnosed. It also affects the people who love and care for them. That's why our advocates are here to support the whole support team.

### How Ardynn Supports Members and Their Loved Ones:

- Answering the questions you may not know how to ask
- Clarifying confusing medical language and options
- Helping facilitate difficult conversations
- Offering guidance and support to lighten the emotional load
- Helping you understand the why behind the treatment plan
- Supporting you in supporting them



To learn more or schedule with an Ardynn advocate, scan the QR code or visit [ardynn.com](https://ardynn.com)

Contact Member Services at (737) 307-0077 or by email at [memberservices@ardynn.com](mailto:memberservices@ardynn.com).

**ardynn**

© 2025 PotentiaMetrics, Inc. All rights reserved.