

Physical Needs of Cancer Patients

There are an endless number of things that cancer care ministers can do to help meet the physical needs of cancer patients and their families. This list is intended as a source of inspiration and the starting point for further brainstorming.

Healthy meals, exercise and plenty of sleep

Cancer patients need to do everything they can to help their body fight the disease. Nutrition, exercise and sleep are all crucial to winning the battle.

- Using the provided nutrition information and recipes, prepare healthy meals for the patient and their family and deliver in disposable containers.
- Help motivate them to exercise by joining them for whatever routine their doctor has approved.
- Give them soft, comfortable sleeping clothes that are easy to put on and take off.
- Give them a comfortable sleeping mask and ear plugs to block out disruptive light and noise.

Help with household chores and errands

Ordinary every-day tasks become a challenge when faced with the emotional exhaustion of dealing with cancer, especially when combined with any pain or physical limitations. Having someone else who will step in and take care of these things is a huge relief.

- Clean the house: dishes, dusting, vacuuming, laundry, etc.
- Do yard work: mowing the lawn, weeding the garden, raking leaves, etc.
- Pick up needed items: grocery store, medications, toiletries, etc.
- Drive them to hair appointments, doctor appointments, or to visit family and friends.

Caring for children and pets

It can be difficult for parents to give their children all the attention and care that they want to when one of them is struggling with cancer. Stepping in and being an added source of love, entertainment and supervision is a great blessing to overwhelmed parents. Patients who have beloved pets will also appreciate this type of assistance.

- Bake special treats for the children and let their mother give them out as a way to help her make them feel special.
- Take the kids out for a special outing: the park, the zoo, a movie, etc.
- Care for their pets while they are in the hospital or recovering from treatment.
- Take the dog to the groomer.

Financial assistance

There is a great deal of expense involved in fighting cancer. Things like buying better quality groceries, time off from work and traveling back and forth for treatment are not covered by insurance. Some people may even have to pay for treatment and medications out of pocket. These expenses are a tremendous burden on a family's finances. Cancer care ministers can help by raising funds to assist the family.

- Organize a walk for cancer where sponsors donate per mile.
- Hold a bake sale and give the family the proceeds.
- Ask members of the church to donate used items for a rummage sale.
- Give up some luxury (going to the movies, expensive coffee, eating out, etc.) and use the money saved to write checks to the family to help with their expenses.



Because Everyone's Journey IS Different