

CAREGIVER TIPS:

Understanding Your Loved One's Mental Health

Battling cancer may be some of the hardest days of your loved one's life, but there are ways to help them find joy and face this challenge with a more positive mindset. Here are a few suggestions that could help:



ENCOURAGE PHYSICAL/ MENTAL ACTIVITY

Find a common exercise together, such as yoga or swimming— something to keep them physically active. You could also challenge them to a game, like Scrabble®, for some mental exercise. Before participating in physical exercises, be sure to consult with a doctor to ensure it's appropriate based on your loved one's condition.



MAKE THEIR LIVES EASIER

For instance, offer to run some of their errands, provide meals or help them with daily chores.



LET THEM TEACH YOU

Perhaps your loved one is passionate about something you don't know a lot about, such as cooking or gardening. Give them a chance to shine by letting them teach you their skill.



GIVE THEM SOME QUIET TIME

Cancer can be physically and emotionally exhausting. Sometimes the best thing to do is sit quietly with your loved one or give them space to be alone to process their thoughts.



HELP THEM CONNECT

If your loved one is feeling isolated, an internet search can help you find support groups or senior meetups that they might enjoy, both digital and in person. In addition, consider the help of a licensed therapist or counselor who specializes in issues facing older adults.

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