

AT HOME CARE

for cancer patients



Battling cancer is hard enough, and when combined with trying to stay on top of day-to-day duties it can seem like an impossible war to win.

If your loved one is fighting cancer at home and you'd like to help but don't know how, here are a few ways that you can assist:

Go grocery shopping and prepare meals.

Help your loved one get the proper nutrition needed to stay healthy. There are a number of resources on the cansa.org.za website.

Assist with personal hygiene and changing clothes.

Simple tasks can take up the most energy. Offer to assist with tasks like changing clothes and grooming.

Clean & do the laundry.

Sweep, mop and be sure to disinfect surfaces and commonly touched items like door handles. Cancer patients have a weakened immune system.

Keep track of finances.

Visits to the doctor and treatments can be costly. Help your loved one keep track of their personal finances and help with medical aid claims if possible.

Drive to doctor's appointments and treatments.

Having someone to talk to, as well as offering transport will help your loved one reserve their energy and keep their spirits up.

Provide emotional support.

Whether your loved one needs a listening ear or a shoulder to cry on - just be there to provide emotional support.