

Support Someone Through Illness

Description

When friends or family fall ill, it can be a very upsetting time for everyone. It is important that you find out what is expected of you during this period. Some people are happy to take on the responsibility of looking after a loved one, and others take it on because it is the right thing to do. Whichever category you fall into doesn't matter because the outcome is the same. Taking care of someone during their illness.

Usually, when someone is ill, there is more to it than just their illness to help them deal with it.

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Research

The more you know, the more you can help. Depending on the illness or infection, from an insect bite to [cancer treatment](#), research is your best friend. It will enable you to monitor them at home, to understand what the doctors and nurses are talking about and understand what your friend or family member is going through. It might be that in the end, you can only provide mental support and no hands-on care, or it might be that there is more physical care required than you had initially realized. Research the illness and the best ways that you can help.

Comfort

Recovering from an illness, or being in the middle of something that is incredibly painful can have both a physical and mental impact. Being aware of the mental health implications of the illness will help you be able to communicate and listen to your friend or family member to the best of your ability.

Things like clean towels, bed sheets, and soft pillows are a great ideal. On from that thing like ice chips, straws, blankets and bed pads might be a consideration too. Medical staff will be able to help you make a list of the things you are likely to need.

Most [illnesses come with the added issue of dehydration](#), so whenever you're around, make sure there is water too.

Entertainment

When you have a lot of hours to fill, it pays to think about some things that your friend or family member can do during that time. In the end, there are only so many times you can play cards. Keeping their mind active is one of the most important things that you can do to help them.

Depending on the circumstances you might need to read a book to them or make their move in chess. And when you really want to, [Netflix and Amazon](#) have so many series you won't be pushed for something to fill the hours.

Sometimes though what is most needed is to listen to your loved one. Talking can often help them process what is going on and gives you an opportunity to provide the best form of support.

More often than not, your friend and family member will feel supported simply by knowing that you are there if they need you and that they can rely on you for simple things like watching a movie, picking up some groceries or some supportive words when they are most needed.

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