

Medically Complex Families - Tangible Support

Asking families, "Do you need anything?" isn't always helpful. Instead offering two or three tangible ways to help is better. And the good news is, there are many great ways to help.

1. Help with Siblings

- Babysitting or Childcare
- Drop Off and Pick Up from Activities
- Take Them To Do Something Fun
- Make a Sibling Care Package
- Go to Their Games, Recitals, and Other Events When Their Parents Can't.
- If Your Child Goes to the Same School, Keep Parents in the Loop on School Functions.

2. Help with Domestic Chores

- Clean the House (Or Hire House Cleaning Help)
- Mow the Lawn (Yard Work)
- Pick Up Groceries
- Take Care of Pets and Plants
- Do the Laundry
- Take the Garbage Out on Garbage Pick Up Day
- And Bring Meals (of course)

3. Help with Finances

- Buy a Hospital Parking Pass or Cafeteria Gift Card
- Gas Gift Card or Hotel Gift Card for Out of Town Doctor Visits
- Restaurant or Grocery Gift Cards
- Buy Families a Grocery Delivery Membership, like Amazon Fresh, Shipt, Wal-Mart Plus, (So they don't have to go to the grocery store.)

4. Emotional Support

- Organize a Prayer Team and Let Families Know They Are Prayed For
- Send Cards with a Personal Note
- Ask Children in the Church to Make Cards and Posters for the Person in the Hospital
- Bring Parents Snacks and Coffee to the Hospital
- Remember Parent's Feelings Matter Too. Do Something Nice For Them Too