

27 Ways to Give Thanks to Caregivers

Caregivers are unsung heroes throughout cancer treatment. In most cases, a friend or loved one stands with the patient to provide critical emotional and physical support and care that enables cancer patients to complete their treatment. Their role is vital, but often overlooked.

Saying “thank you” and recognizing the efforts of caregivers are important ways others can provide support during cancer treatment, especially during a pandemic. Texas Oncology encourages you to thank a caregiver for all their sacrifices and support.

Thanks and support for caregivers can take many socially-distanced forms. Here are 25 ideas to get you started:

1. Say “thank you”
2. Give a day off – guilt free
3. Do something together that you both enjoy
4. Drop off supplies for a favorite hobby (such as knitting yarn or a new book)
5. Pick up extra groceries on your next shopping trip
6. Talk about something other than cancer
7. Fill their vehicle with gas
8. Help a new caregiver get organized with his or her new role
9. Put together a package for writing notes, including stamps, pens, and assorted note cards
10. Ask for a list and run errands
11. Organize and schedule other friends to provide dinner
12. Mow the lawn
13. Create a “Caregiver Kit” with hospital/waiting room essentials (such as blanket, snacks, book)
14. Leave a basket of muffins or cookies by the front door
15. Provide a favorite movie for the caregiver and patient to enjoy together
16. Offer to take their car for routine service
17. Deliver a bag of essentials to make easy but healthy lunches
18. Help fill out insurance and other paperwork
19. Provide outdoor “handyman” services
20. Create an online page to keep family and friends updated and offer to post regularly
21. Research resources for the patient and caregiver
22. Donate your professional services (such as legal or accounting)
23. Walk the dog and take care of pets
24. Stay in touch and be a good listener
25. Give a gift card to an online streaming service
26. Donate house-cleaning services or offer your own services (maintaining social distancing)
27. Do the laundry (maintaining social distancing)

About Texas Oncology

Texas Oncology is an independent private practice with more than 500 physicians and 210 locations across the state. Meeting the oncology needs of Texans for more than 35 years, the practice includes Texas Center for Proton Therapy, Texas Breast Specialists, Texas Oncology Surgical Specialists, Texas Urology Specialists, and Texas Center for Interventional Surgery. As a lead participant in US Oncology Research, Texas Oncology played a role in the development of more than 100 FDA-approved therapies. For more information, visit www.TexasOncology.com.

Sources: AARP, American Cancer Society, National Cancer Institute, and Texas Oncology



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