

YOUR HEALTH

You Can Help! Tips For Helping Deal With A Health Crisis

(NAPSA)—When a loved one is diagnosed with cancer or recovering from a traumatic injury, you might feel helpless, or wonder, “How can I show them I care?” In a recent survey of U.S. adults conducted on behalf of CaringBridge, 58 percent of respondents ranked help with keeping everyone updated as the most appreciated.



Sharing information quickly during a health crisis can be made simpler by doing it online.

Sharing information quickly during a health crisis can be emotionally difficult and time consuming, especially while undergoing treatments, scheduling appointments, and dealing with the emotional stress of an illness.

Other ways to show support:

- Household help (52 percent of respondents rank this type of support highly)
- Getting legal affairs in order (41 percent)
- Bringing items to help pass time (24 percent)
- Sharing personal mementos or pictures (17 percent)
- Gifts such as flowers or candy (7 percent).

To learn more about easily connecting with family and friends during a health crisis, visit www.CaringBridge.org.