

HOW CAN WE HELP PEOPLE COPING WITH ILLNESS?



Coping with a serious illness is frightening for any family, and it can be exhausting (emotionally and physically) to support a loved one who is really sick. Your family can provide meaningful encouragement, comfort and distraction from the long days of treatment and convalescence.

DID YOU KNOW?

- Nearly 40% of people will be diagnosed with cancer in their lifetime (cancer.gov).
- 27,000 children are diagnosed with a life-threatening illness each year.
- There are 7,000 types of rare diseases and disorders, and new ones are discovered all the time.
- 1 in 10 Americans are living with a rare disease.

<http://www.everydayhealth.com/news/10-essential-facts-about-rare-diseases>
<https://www.cancer.gov>

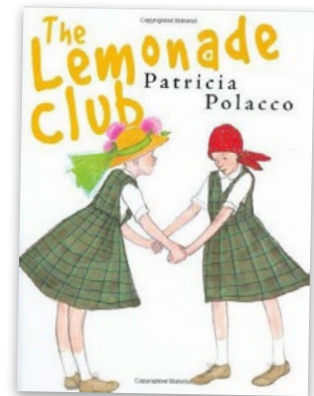
“Although the world is full of suffering, it is also full of the overcoming of it.”

—Helen Keller, American author and activist

READ WITH ME

The Lemonade Club by Patricia Polacco tells the story of a friendship between two girls when one of them gets cancer.

- What does the expression “when life gives you lemons, make lemonade” mean to you?
- How did you feel when Marilyn’s friends shaved their heads? Do you think you could have done the same thing?
- Has someone ever gone out of their way to help you when you felt sick? What happened?



LET'S TALK

At mealtime or bedtime, or when you’re on the way to help out, bring up these questions.

- Do you remember ever being sick for a long time? How would it feel to be sick for weeks, months or even years?
- Was there a time when you weren’t feeling well and someone did something nice for you? How did it feel?
- Sometimes it can be uncomfortable to be around a sick person or visit a hospital. Why is that? What can we do to change that feeling?

TELL US ABOUT YOUR EXPERIENCE!

DGT™ will use your story to...

- Inspire others to make a difference!
- Make giving back seem doable.
- Lighten hearts and open minds on social media.
- Build excitement for more big-hearted good deeds!

SUBMIT YOUR GOOD STORIES TO:

www.doinggoodtogether.org/good-stories/

MORE SIMPLE WAYS TO HELP PEOPLE WHO ARE SICK:

Make Cards for Hospitalized Children

Make Activity Kits for Hospitalized Children

Walk to Find a Cure

Host a Card Making Party

DOING
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