



Care & Concern Guidance on Helping Others

Here are ten practical ways you can reach out to offer help to those who have experienced serious illness/injury/loss. The more practical and specific you can be, the more likely the person is to be receptive to your help.

1. Ask: "Do you prefer to be contacted by email or phone? Is there a good/bad time of day to call/visit?"
2. Call or email and say, "I'm planning to go to the grocery store and would like to bring you bread, eggs and milk. What else do you need?"
3. Same for "I'm going to (wherever restaurant) and would like to bring you lunch/dinner. Is there any food you especially like or don't like?"
4. Order carry-out to be delivered if you can't do so in person. This can even be done long distance – just Google "restaurant delivery" in that city.
5. Ask: "Do you have medicine that needs to be picked up? Where is your pharmacy?"
6. Ask: "Do you have any upcoming medical appointments I can drive you to?"
7. Ask: "May I come help you with any household chores like watering plants, taking care of a pet, laundry or dry cleaning?"
8. Ask: "What type book or magazine do you like to read?" And then bring it or send it.
9. Call/email and say: "I'd like to come visit for a few minutes. Is tomorrow afternoon a good time?" Be specific about timing and let them know they can cancel at any time. During the visit, check to see if there are any household tasks that you can help with.
10. Call and say, "I just wanted to check in and see how you are doing." Make it brief and respectful of the person's mood and stamina.

Keep in mind that there are really no right or wrong ways to help others. Having a good intention and empathy for the person will make every action a *mitzvah*.