

# HELPFUL WAYS TO OFFER PRACTICAL SUPPORT

*Compassionate guidance for family, friends, and caregivers*

Grief can make ordinary responsibilities feel exhausting or impossible. Concentration, energy, memory, and decision-making may all be affected. Practical support can ease some of that burden, but a grieving person may not know what to request. Offering one specific, manageable task is often more helpful than saying, “Let me know if you need anything.”

## OFFER SOMETHING SPECIFIC

Specific offers reduce the pressure of deciding what is needed and finding the energy to ask.

- “May I bring dinner on Tuesday or Thursday?”
- “I can pick up groceries. What can I add to the list?”
- “Would it help if I handled the yard this week?”
- “I am going to the pharmacy. May I collect anything?”

## EVERYDAY HELP THAT MATTERS

Choose simple tasks that make daily life more manageable without taking over.

- Prepare meals in containers that are easy to store
- Help with laundry, dishes, pets, or household errands
- Offer transportation to appointments
- Assist with childcare, school pickup, or necessary paperwork

## RESPECT THEIR CHOICES

Support should preserve the grieving person's dignity, privacy, routines, and sense of control.

- Ask permission before arriving or completing a task
- Offer two simple choices instead of an open-ended question
- Accept “no” without taking it personally
- Do not reorganize, discard belongings, or make decisions for them

## CONTINUE AFTER THE FUNERAL

Help often decreases just as the reality of the loss begins to settle in. Ongoing care can be especially meaningful.

- Check in again after the first few weeks
- Repeat practical offers rather than saying them only once
- Remember holidays, anniversaries, and difficult days
- Choose support you can provide dependably

## A GENTLE REMINDER

*Practical support does not need to be large. One thoughtful, specific action can give a grieving person room to breathe.*

*You do not need perfect words. Your steady, compassionate presence matters.*

