

SUPPORTING SOMEONE HAVING SURGERY

WAYS TO HELP BEFORE SURGERY:

- ▽ Offer rides to and from appointments
- ▽ Offer to take notes during appointments
- ▽ Pick up supplies
- ▽ Help prepare food and groceries that promote wound healing:
 - Protein: meat, nuts, soy**
 - Zinc: whole grains, spinach, nuts**
 - Vitamin A: carrots, broccoli, eggs**
 - Vitamin C: strawberries, peppers**
- ▽ Coordinate a schedule to help with meals, chores and visits after surgery (check out websites like MealTrain.com)
- ▽ Ask if there are any specific ways you can support them as they get ready for surgery
- ▽ Ask what it looks like when they feel low so you can recognize the signs.

WAYS TO HELP AFTER SURGERY:

- ▽ Help with errands (pharmacy, grocery, pet supplies)
- ▽ Offer rides to and from appointments, events or spiritual gathering spaces
- ▽ Help with household chores:
 - water plants
 - walk pets
 - change litter box
 - laundry
 - vacuum
 - mow or shovel
 - get groceries
 - cook or bring a meal
 - do dishes
 - clean
 - change sheets
 - take out garbage, recycling & compost
- ▽ Schedule visits (for 2 months after surgery):
 - watch a movie
 - have some coffee or tea
 - go for a car-ride together
 - make a little picnic
 - visit a park, botanical or community garden, museum, etc.
 - play videogames
 - have a phone or video-chat hangout
 - play a board game or card game
 - craft
 - walk around the block or neighbourhood
 - plan a short visit just to say hello
 - drop off groceries, a meal or a snack
- ▽ Ask if they need support with childcare or elder care
- ▽ Send an encouraging postcard (even if you live nearby)

It can be hard to ask for help, so check-in regularly to see how they are doing and what they need.

For more information, please visit transcarebc.ca