

SUPPORTING A LOVED ONE WITH A TERMINAL ILLNESS OR LONG-TERM DISABILITY

Practical Support

- Assign one main coordinator to reduce confusion.
- Organize meals using a shared calendar.
- Create a transportation schedule for medical appointments.
- Rotate childcare support if children are involved.
- Assist with household tasks such as laundry, cleaning, and yard care.
- Track expenses in a simple spreadsheet.
- Review insurance coverage and available benefits.
- Contact a hospital social worker for financial assistance options.

Financial Stability

- List fixed monthly expenses.
- Identify temporary income supports or government benefits.
- Ask employers about sick leave or disability coverage.
- Coordinate direct donations through e-transfer if needed.
- Document all incoming and outgoing funds clearly.

Emotional and Social Care

- Schedule regular check-ins led by one designated person.
- Create a private space for friends to share messages and photos.
- Encourage gentle social visits based on the person's energy level.
- Offer respite care for primary caregivers.
- Organize small gatherings focused on connection rather than fundraising.
- Fundraising and logistics must be handled by others.
- Give them control over what is shared publicly.

Legacy and Memory Preservation

- Record conversations about life experiences and values.
- Invite written memories from friends and family.
- Organize and label digital photos.
- Write letters for future milestones if the person wishes.
- Create a secure digital archive for family access.

Administrative Preparation

- Compile medical documents in one folder.
- Maintain an updated medication list.
- List key contacts including doctors and legal advisors.
- Review powers of attorney and wills where appropriate.
- Store important documents in a secure, known location.

Community-Based Fundraising

Meal train

Use a free platform to organize weekly meals. This reduces grocery costs and stress.

E-transfer campaign

Share your loved one's story and accept direct e-transfers. Avoids platform fees.

Workplace donation match

Ask your loved one's employer or friends' employers about matching programs.

Church or faith community appeal

Many congregations collect special offerings for families in crisis.

School community drive

If there are school aged children, request a voluntary parent fundraiser.

Virtual benefit night

Free Zoom event with music, spoken word, or prayer. Share donation details during the event.

Facebook birthday fundraiser

Friends can dedicate birthdays to your loved one's cause.

Service exchange board

Friends offer services (hair, tutoring, resume help, babysitting) and donors give directly to your loved one.

Local grants and formal supports

- Canadian Cancer Society financial assistance programs
- Wellspring Cancer Support Foundation
- Hospital social worker emergency funds
- Ontario Disability Support Program (if applicable)
- Employment Insurance sickness benefits

Spiritual and Emotional Support

- Memory and message project
- Create a private Google Drive folder.
- Invite friends to upload written memories, photos, short video messages.
- This lifts your loved one's spirits now.
- It can also become a keepsake book later.



Letters for Future Milestones

- If there are children, each child writes letters for future milestones.
- Your loved one can also write letters to them.



Affirmation wall

Create a private online group where people post encouragement weekly.



“Light Day” gathering

Small at-home afternoon with close friends.

Music, storytelling, laughter.



Prayer or meditation chain

Assign people specific days to check in and send encouragement.