



Practical Needs of Cancer Patients

Rev. Percy McCray

HEALTH, HOPE & INSPIRATION
WITH REV PERCY MCCRAY

Cancer patients and their families have a great variety of practical needs. Some of the needs are expected, and some are unanticipated. You can provide support and much-needed relief from the demands of daily life.

Let this resource act as a source of inspiration to help you meet those needs and to help you brainstorm additional ways to help make a person's cancer journey easier to bear.



Encourage a healthy lifestyle

To have the best defense before, during and after treatment, cancer patients need adequate nutrition, exercise and rest. Here are some suggested ways you can help:

- Prepare meals for the patient and family in conjunction with their prescribed diet. Deliver them in disposable containers to eliminate worry.
- Get involved in a patient's doctor-approved exercise routine to help motivate them to continue.
- Bring soft, breathable sleeping clothes that are easy for the patient to put on and take off.
- Provide a comfortable sleeping mask and/or ear plugs to act as a block for light and noise.



Help with daily tasks

Cancer can make otherwise simple household chores or errands seem exhausting and burdensome, especially when combined with physical limitations or pain. Knowing there is someone who will take on these responsibilities can bring relief and help a patient and their family focus fully on recovery.

- Make a grocery run to pick up prescriptions, toiletries, etc.
- Drive the person to any scheduled appointments, to go out to eat, or to visit family and friends.
- Take on household chores: dishwashing, dusting, vacuuming, laundry, etc.
- Do some basic yard work: mowing the lawn, weeding, raking leaves, etc.



Reach out to family members

When someone is struggling with cancer and is also a parent, it can be difficult to give children the attention and care they want and need. Stepping in to be an additional source of love, fun and supervision can help overwhelmed parents. Patients who have beloved pets that need care can also benefit from this type of assistance.

- Take children on a special outing to a park, zoo, movie, etc.
- Make a favorite treat and share it.
- Be there to listen to a child or teen who has questions or is troubled.
- Care for pets while the owner is in the hospital or recovering from treatment.
- Keep up with pet grooming and doctor appointments.



Find ways to help financially

The expense of fighting cancer can be a tremendous financial burden. Out-of-pocket expenses, like buying organic groceries and non-traditional treatments and medications, can add up quickly. Cancer care ministers can ease some of the burden by helping to raise funds to assist the family.

- Set up a GoFundMe page.
- Hold a community bake sale and give the family the proceeds.
- Organize a walk for cancer where sponsors donate per mile.
- Ask members of the patient's church to donate used items for a rummage sale.
- Save your own money to help offset costs not covered by insurance.

You have the unique opportunity to bring hope to patients and their loved ones by helping them draw near to each other. Having a network of love and support can ease fears and bring strength during the cancer journey.

May God bless you as you seek to be light to others!

About Reverend Percy McCray

Rev. Percy McCray Jr. has spent more than 20 years ministering to cancer patients and their caregivers at Cancer Treatment Centers of America® (CTCA).



He recognizes cancer care ministry as a special calling from God and considers faith a key, but often overlooked, component of cancer treatment. He now serves as the Director of Faith-Based Programs at CTCA® and provides leadership to the pastoral care staff at all five CTCA hospitals. In addition, Rev. McCray oversees Our Journey of Hope®, a nationwide cancer-care ministry training and support program.

An ordained minister, Rev. McCray is a member of the U.S. Chaplain Association. He has been recognized as one of the “most influential African Americans in Lake County (IL)” by the *Chicago People’s Voice* newspaper for his religious and leadership roles within the community.

Health, Hope & Inspiration is a weekly podcast, sponsored by Cancer Treatment Centers of America® (CTCA), designed to help people find answers to questions about cancer, cancer prevention and overall healthy living. One of the greatest gifts a person can enjoy is good health. A well-rounded lifestyle is the product of physical, emotional and spiritual health. These three things are interdependent, and that is the message of *Health, Hope & Inspiration*, as well as the basis of the integrative approach at CTCA®.

For more information, visit our website at www.HealthHopeAndInspiration.com.

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