

Communication Ideas

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Talking as a family, whether it's about how you are feeling, or what has happened at the hospital that day, is really important, and you should try to do it as often as possible.

By doing so, everyone knows what is going on and it removes any confusion, which can lead to family members feeling upset or left out.

It's hard to talk about cancer and all the changes that occur when someone you love is sick.

Each family communicates differently. Please pick the communication ideas that feel like the best fit for your family.

FAMILY MEETINGS

Some families meet together once a week, or once every two weeks. This can be an effective way to discuss all the things that are going on, and to make sure everyone is up to speed. Obviously, this can be quite intense and not all family members may be comfortable having these meetings.

MESSAGES IN BIG PLACES

This is like the notebook, but on a bigger scale and more public. A black board or white board can be used and hung up in a place where everyone can see it.

TEXT AND EMAIL

Another method for asking questions, or just telling someone how you feel, is to use text messages or email. Texts are short and ideal for sending information updates or messages of support.

Emails can be longer and are a good way of delivering more detailed information. They can also be a good way of listing questions that you want answered.

Both texts and emails also have the advantage of being able to be sent to many people at the same time.

MESSAGES IN SMALL PLACES

One idea is to get a notebook and leave it in a place where everyone can access it, like the kitchen table. If any member of the family has a question or a comment, they can write it inside. Everyone can read it and write a response.

CAR TALK

Talking in the car can be very helpful, because it doesn't feel as intense as face to face.

POST-IT NOTES

Leaving Post-it notes with updates or comments in places where everyone will see them, like the refrigerator door, is a good way of passing on small bits of information.

REGULAR UPDATES

Passing on information to each other when things happen can work for some families, especially if they are small in size. Regular communication is often key. Some family members may not want to know every single detail, while others will want to know everything. Talk to each other, so you can find a balance, and respect everyone's needs.

SOCIAL MEDIA

Using a Facebook closed group can be good. Similar to email, you can share information with more people to keep everyone updated.

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for more resources and information