

# DISABILITY CAMPAIGN

## What to Say or Do for Your Friend in the Hospital

There are few things as refreshing as a visit from a friend while you are in a hospital bed. Here are some good, practical ideas to help you encourage your friend in the hospital.

### *Gifts to Give:*

1. **Fun socks and slippers.** The hospitals are kept at a cool temperature for health reasons. Keep your friends' toes nice and warm with fun socks and slippers. Try finding a pair in the theme of his favorite sports team, movie, etc.
2. **Books to read.** Give your friend some good books to read. You may even want to start a mini book club with your friend so that you two can talk about the books throughout her hospital stay. If your friend has difficulty flipping the pages in a printed book, consider an audio book.
3. **Blanket, quilt, or squishy pillow.** Your friend will appreciate almost anything that you do to make her hospital stay more cozy and homey. Blankets or pillows with a pop of color can bring a smile to her face. Also, given that hospitals run 24/7, an eye pillow and earplugs are welcome niceties.



### *Words to Say:*

1. **Say, "I love you".** Actions generally speak louder than words but these are some of the best three words you can ever say to your friend in the hospital. By telling him that you love him and then backing it up with your actions you can bring hope his heart.
2. **Ask her what you can do to help her.** Many individuals who are hospitalized fear that they will be a burden to their friends and family. Let her know that you understand how hard it is to accept help, and communicate to her that it is a joy for you to serve her.
3. **Remind him to be thankful for the good things in his life.** If he has suffered a limb injury, remind him to be thankful that he still has his eyesight to see beautiful sunsets. Invariably, being thankful is the powerful counterbalance for despair.

### *Actions to Do:*

1. **Listen to music together.** Bring along your friend's favorite music on a CD or mp3 player and enjoy listening to some good music while you visit her. It'll be sweet music to her weary ears.
2. **Read aloud to your friend.** Let your friend relax and soak in the story of a good book while you read aloud to him.
3. **Take a walk around the hospital.** With the permission of the medical staff, explore the hospital beyond the four walls of your friend's room. Ask the staff if there is a hospital garden or nice place to go for a walk.



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P.O. Box 3333, Agoura Hills, CA 91376

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