

# 10 WAYS To Help Families Impacted By ALS



1



## STAY IN TOUCH.

ALS is a journey; find ways to be present all along the way. A simple card, email, phone call or visit can mean a lot.

2



## DO THE LITTLE THINGS.

Living with ALS can be overwhelming, making daily tasks challenging. Bring a meal, walk the dog, mow the lawn or take out the trash.

3



## INCLUDE THE PERSON LIVING WITH ALS IN ACTIVITIES.

ALS can feel very isolating for everyone involved, especially the person who is diagnosed. Encourage them to keep participating in daily life, continue with hobbies, and engage with friends and family.

4



## BE SPECIFIC WHEN OFFERING HELP.

Caregivers often don't have the time or energy to reach out and ask for help. By offering to do something specific, you are communicating that you are really willing to help the caregiver.

5



## LEARN ABOUT ALS.

Do what you can to understand the disease and what to expect. Read up on the details, attend a support group, or meet with your local ALS Chapter.

6



## KEEP SHOWING UP.

The ALS journey is different for everyone. Let them know you are there and will continue to be through the entire journey. And do it.

7



## BUILD A NETWORK AND COORDINATE SUPPORT.

It can take a village to provide the best quality of life for people living with ALS and their families. Recruit friends and family, assign specific tasks and schedules, set up a Care Connection group.

8



## KEEP ALL FAMILY MEMBERS IN MIND.

Remember, ALS impacts EVERYONE in the family, regardless of age. Offer to take the kids to activities or help out with elderly relatives.

9



## OFFER A SHOULDER TO LEAN ON.

ALS can create stress for the entire family. Be sure to offer your support and friendship and be present when you're needed most.

10



## JOIN THE FIGHT.

Show your support to do whatever it takes to make ALS a livable disease until there is a cure. You can get involved in the fight against ALS by volunteering, fundraising, donating, or becoming an advocate.