



Tips for family and friends of a young adult cancer patient:

- The patient is a young adult and may not ask or want to ask for help. Offering specific assistance or specific choices may be best instead of "let me know what I can do."
- A meal train for the individual or family. (Have a friend or family member be in charge of receiving and dropping off meals so that the patient doesn't have to worry about seeing anyone or feeling like they need to interact with so many people.)
- Help with grocery shopping, cleaning, laundry, yard upkeep, etc. (Family, volunteers, or a service).
- Provide free childcare or rides for kid's activities or school.
- Financial assistance to help keep things as normal as possible for the individual or their family. Our Financial Assistance form is available on our website (www.boonproject.org) under "Patient Support."
- Help with travel arrangements. Offer rides, money for gas and parking, airline miles, hotel points, and free pet-sitting for traveling long distances for appointments and treatment. (Have someone make the travel arrangements so that the patient doesn't have to do it.)
- Have a support person present at appointments and treatment.
- Provide breaks and support for the primary caregivers and children.
- Have a volunteer or photographer offer to take individual or family photos. (Some of the young adults we serve have liked that they have pictures of themselves or pictures with their families before their appearance changed.)
- Encourage mental health check-ins, counseling, and community for the patient, caregivers, and children. (Our Courage Club and Metathriver Group provide community and understanding for young adult patients).

Support and Comfort Item Suggestions:

Request a Boon Bag: Our care package for local newly diagnosed young adult patients.

Food delivery or grocery store gift cards

Blankets, Warm socks, Chapstick, Tissues

Books (that are on trend/interesting for young adults)

Noise-cancelling headphones

Water bottles for hot or cold drinks

TV, book, or music streaming app subscriptions

Age-appropriate hats, zip-ups, slippers, or other clothing items

Gift cards for their favorite places or things they are interested-in

Gifts for caregivers and children

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The Boon Project for Young Adults Fighting Cancer