

# supporting someone having surgery

## WAYS TO HELP BEFORE SURGERY:

- Offer rides to and from appointments
- Offer to take notes during appointments
- Pick up supplies
- Help prepare food and groceries that promote wound healing:
  - Protein: meat, nuts, soy**
  - Zinc: whole grains, spinach, nuts**
  - Vitamin A: carrots, broccoli, eggs**
  - Vitamin C: citrus fruits, strawberries, peppers**
- Coordinate a schedule to help with meals, chores and visits after surgery (check out websites like MealTrain)
- Ask if there are any specific ways you can support them as they get ready for surgery
- Ask what it looks like when they feel low so you can recognize the signs.

## WAYS TO HELP AFTER SURGERY:

- Help with errands (pharmacy, grocery, pet supplies)
- Offer rides to and from appointments, events or spiritual gathering spaces
- Help with household chores:
  - water plants
  - walk pets
  - change litter box
  - laundry
  - vacuum
  - mow or shovel
  - get groceries
  - cook or bring a meal
  - do dishes
  - clean
  - change sheets
  - take out garbage, recycling & compost
- Schedule visits (for 2 months after surgery):
  - watch a movie
  - have some coffee or tea
  - go for a car-ride together
  - make a little picnic
  - visit a park, botanical or community garden, museum, etc.
  - play videogames
  - have a phone or video-chat hangout
  - play a board game or card game
  - craft
  - walk around the block or neighborhood
  - plan a short visit just to say hello
  - drop off groceries, a meal or a snack
- Ask if they need support with childcare or elder care
- Send an encouraging postcard (even if you live nearby)

It can be hard to ask for help, so check-in regularly to see how they are doing and what they need.

For more information, please visit [transcarebc.ca](https://transcarebc.ca)