

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, especially for the person who is diagnosed. Encourage them to keep participating in daily life as much as possible, including continuing with hobbies, enjoying the outdoors, and engaging with friends and family.

4



BE SPECIFIC

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.

5



LEARN ABOUT ALS.

Do what you can to be informed about the disease and what to expect. Read up on the details, attend a support group, or meet with Golden West Chapter staff.

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, and stay in touch with one another.

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 for the ALS community and help advance the search for effective treatments and cures for ALS. You can get involved in the fight against ALS by volunteering, fundraising, donating, or becoming an advocate.