

# Disability Campaign.org

## Gifts for a Friend in the Hospital



*"Some gifts are big. Others are small. But the ones that come from the heart are the best gifts of all." ~ Tinku Razoria*

Gift giving is a selfless opportunity to focus on someone else's needs and not your own. The act of giving to others has long spiked the interests of psychologists, anthropologists, and marketing agencies. Presents will either create a new friendship or strengthen the bond of an established relationship.

It is fascinating that studies now show that the person giving a gift receives the greater blessing. Scientists now state that to refuse a gift or to decline in gift exchanges limits the bonds of intimacy and connections between individuals.

Even so, befriending someone who is ill may have a more profound impact than we think. People hospitalized lack exposure to the outside world and felt disconnected. A short visit, a phone call or even a handwritten card are all lifelines to ease the loneliness.

With the heightened rate of suicides today, people need support and encouragement to ride the waves of despair. A simple act of time and a small gift may help someone who is in need.

## Gifts Ideas:

1. Zany socks and slippers. Hospitals keep their thermostat temperatures low to prevent the growth of bacteria. Keep your friend warm with sports or lacy socks and fluffy house shoes.
2. Books to read. Suggesting doing a book club with your friend so that you two can talk about the books throughout their stay. If your friend has difficulty flipping the pages in a printed book, consider an audiobook.
3. Hospital beds are uncomfortable and bulky. A warm blanket, quilt, or squishy pillow will be a welcome addition of comfort.
4. A shawl or wrap will make a lovely accessory when going down for an Xray or taking a walk in the corridor.
5. Fancy body or hand lotion. Sometimes medications and machinery can make your skin feel dry or chaff. A fragrant cream will add a feeling of luxury to rough patches that need a bit of love.
6. A portable manicure/pedicure. Bring a little bag of nail files, clippers, lotion, disposable nail polish remover wipes, and a fun color. If you have time, give your friend a manicure!
7. E-reader gift card. How nice to have a new Kindle or Kobo book to read when the old books become boring.
8. Parking Passes or cash to pay for parking. Family and close friends who visit their loved one daily will put a little dent in their wallets every time they pull out to the parking lot. Parking passes will be a welcome gift for all those involved!
9. Coloring books and colored pencils.
10. A journal with marking pens, stickers, templates to create funny thought clouds, and color pencils. Your friend will enjoy jotting down their thoughts and adding a bit of flourish to their pages.
11. Travel Games or playing cards. You can find favorite board games like Backgammon, Tic Tac Toe, Chess, Checkers, Hang Man, etc., at online stores.
12. Pajamas – there's nothing like wearing a soft flannel shirt and bottoms when laying in bed for long periods of time.
13. Why not bring a gift of bagels, or coffeecake to the nurse's station and thank them for taking good care of your friend?



14. The best present is time. Plan to stay a while and listen to music together, watch a movie, or take a walk around the nurse's station. However, be ready to go if your friend signals that their tired, don't feel well, or if a doctor enters the room for an exam.
15. Give your friend the gift of hope. During low periods patients can lose their optimism and grow depressed. Let your friend know you have enough faith for both of you and you're willing to share as much hope as he/she needs.

What **Not** to Bring:

1. Sneaking your friend's favorite dessert, burger, or even fruit smoothie to the hospital can be fun – and often appreciated. However, some patients are on strict diets, or they are off all solid foods and liquids for a specific time. Read the signs outside the hospital room, or, call ahead to make sure the food gift is appropriate and will not cause the patient any harm.
2. Perfume wakens the soul unless you are someone who has allergies, asthma, or other respiratory issues. The same goes for pollen from flowers or plants. Again, a quick call to the nurse's station will provide you the information needed before you make a purchase.



## Resources:

What to Bring to Someone in the Hospital: <https://www.dosaygive.com/what-to-bring-someone-in-the-hospital/>

22 Thoughtful Gifts to Give a Friend in the Hospital: <https://themighty.com/2017/10/what-to-bring-friend-gifts-hospital-stay/>

14 Thoughtful Things to Bring to Someone in the Hospital:  
[https://www.buzzfeed.com/jessiegaynor1/thoughtful-things-to-bring-someone-in-the-hospital?utm\\_term=.gw85kke6x6#.ewVQ55NdZd](https://www.buzzfeed.com/jessiegaynor1/thoughtful-things-to-bring-someone-in-the-hospital?utm_term=.gw85kke6x6#.ewVQ55NdZd)

How to Be a Great Friend to Someone in the Hospital:  
<https://www.mannersmentor.com/personal-polish/want-to-be-a-great-friend-when-someone-is-ill>

Best and Worst Gifts for a Hospital Patient: <https://www.verywellhealth.com/best-gifts-for-a-hospital-patient-3156813>

John's Crazy Socks - <https://johnscrazysocks.com/>

A Gift that Gives Right Back? <https://www.nytimes.com/2007/12/11/health/11well.html>

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

[www.joniandfriends.org](http://www.joniandfriends.org)