

DisabilityCampaign.org

What to Bring to a Friend in the Hospital



- One of the best ways to brighten someone's day is to always wear a friendly smile.
- In addition to a smile, you can always lighten the mood by sharing jokes and having a sense of humor.
- Most people enjoy music, so bring along your iPod or a favorite CD.
- You can also encourage your friend by bringing along a CD or podcast of some of your favorite sermons.
- Find out your friend's favorite magazines and bring them along.
- If your friend is a sports enthusiast, bring along the sports page or the latest stats for their favorite team.
- Bring along note cards for your friend to send to others and offer to write them for your friend.
- Find an appropriate game for you to bring along and play with your friend.
- Bring along a good book that you can read to your friend or that you can leave for them to read on their own.
- **If you're allowed** to bring in food, find out your friend's favorite food item to share with them.
- Help your friend feel more at home at the hospital by bringing them a cheerful photo that they can put up on the wall. Choose something they enjoy such as flowers, animals, etc.
- Let your friend feel pampered by bringing supplies for a pedicure or just bringing foot cream for a nice foot massage.