

# **SUPPORTING FAMILIES OF HOSPITALIZED CHILDREN WITH DISABILITIES**

## **HOW YOU CAN HELP FAMILIES IN CRISIS**

### **Care for the caregiver:**

- Provide meals, rest, and encouragement.
- Offer comfort items for long hospital stays.
- Support the siblings:
  - Spend time with them.
  - Offer fun, distraction, and emotional support.
- Offer consistent help, especially during repeated hospital stays.
- Don't assume families "have it figured out."
- True love shows up again and again.

### **Don't wait to be asked:**

- Families often can't articulate their needs in high-stress situations.
- Build relationships before crisis moments to better anticipate needs.

### **Practical ways to help:**

- Laundry and house cleaning
- Childcare or transportation
- Regular check-ins and prayer
- Meals and snacks
- Emotional presence and encouragement

## **FINAL THOUGHT**

By caring for the caregiver, supporting the siblings, and offering practical help without waiting to be asked, we can show Christ-like love to families walking through some of their darkest days.