

## Tips from Joni's Mother For Visiting Your Loved One in the Hospital

- Don't speak words of defeat or despair, use words of hope and a future.
- Spread joy as you enter the hospital room with a friendly smile on your face.
- Lighten the mood by sharing jokes and having a sense of humor.
- Find out your loved one's favorite magazines and bring them along.
- If your loved one is a sports enthusiast, bring along the sports page or the latest stats for their favorite team.
- Bring notes of encouragement -- they are wonderful reminders that someone cares even after visiting hours are over.
- Find an appropriate game to bring along and play with your loved one.
- Most people enjoy music, so bring along your iPod or a favorite CD.
- Offer services to make your loved one feel more comfortable such as washing her hair.
- Let your loved one feel pampered by bringing supplies for a pedicure or just bringing foot cream for a nice foot massage.
- If you're allowed to bring in food, take your loved one's favorite food item to share.
- Bring along a good book that you can read to your loved one or that you can leave for them to read on their own.
- Don't allow everything to revolve around the disability. Continue with family life, with dinner on time -- even if it means you're rushing by the market on the way home from the hospital.
- When the opportunity for independence comes, let go.

