

- **Learn, know, and plan** for my disability. It's nice for friends to know my basic needs.
- **Checking in often** makes the difference. Just asking always makes me feel much less alone.
- **Let us change the subject.** Allow me to vent - then move on.
- **Forget the Pity.** Don't look at me with pity, just try to understand.
- **Know we are not "exaggerating or seeking attention".** I am not exaggerating, just being honest.
- **Physical touch goes a long way.** A hug and your presence mean
- **Drop expectations,** even I do not know what to always expect.
- **Have patience.** I am trying.
- **Listen to us** and let us be heard.
- **Don't try to be a savior** or "fix" us. Often, there's not a solution.
- **Give us time.** Sometimes we just need space and time to adjust.

"Many times, those around us are the only thing that keeps us going."

It is the small, everyday ways of caring that show that you love us. In these, you remind us that we are not alone, that we are loved, and that someone is there for us. That, more than anything will help us keep fighting and will give us the strength to take just one more step.

For all of those who do these things – thank you. We could not fight this battle without you.

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**15 WAYS YOU
CAN SUPPORT A
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CHARLES MICKLES



IMAGINE...

...you have a cold, or the flu, or an injury, how did you feel? Were you tired? Did you feel like crap? Would you have done anything to make it stop? Did you look forward to the day when you would “get over it” and feel better? Did you feel guilty for laying around? Were you a difficult patient? Were you frustrated? Were you sick and tired of being sick and tired?

Now imagine you have felt that way, not for a few days, not for a week, or not even a few times a year, but you have felt that way, on some level, every day for the last 20 years,

*Day in and
day out you
are faced with
a battle that
never ends.*

IT CAN BE EXHAUSTING...

...and overwhelming. While sometimes you just want to give up because you cannot go on anymore, you also discover that you have the strength to keep going, because you simply do not have any other choice. There are days when you feel isolated and feel no one understands. You can be misunderstood by family and friends, and feel like you are not meeting the expectations that other people have of you.

Many times, those around you are the only thing that keeps you going. Because of their love, care, support, and help, you continue to find the strength to take one more step. Recently, others who battle chronic illness shared what we need from our friends to keep fighting.

15 WAYS YOU CAN HELP:

- **Believe us.** Don't just take what you see, but listen to what is said by those fighting this battle.
 - **Bring the "party" to us.** It will make the one struggling feel included and remind them you want to spend time with them,
 - **Find a way to help.** Help with errands and little everyday tasks. Everything helps.
 - **Understanding.** Listen and try your best to understand.
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