

Managing visitors - Tohu manuhiri

Having visitors can be a great way to feel supported and connected, but sometimes it helps to guide them on what's most meaningful to you.

It can be helpful to think about what activities you'd like to do with your visitors and what you might like them to bring with them if they ask.

Ideas for what you could ask visitors to bring:

- Puzzles, crossword books or quizzes
- Your favourite treats
- Craft activities like knitting, sewing, or jewellery making
- Mindful colouring or drawing resources
- Photos or posters to make your room brighter
- Scrapbooking stuff for making memories
- Board or card games
- Movies you can watch together
- Things that smell nice like a candle or some room spray
- Toiletries for your skin or face
- A playlist with your favourite songs that your mates can add to
- Sensory fidgets and toys or a weighted blanket
- Funny stories about what people have been up to
- An update on what is going on in their lives
- Video messages from friends you haven't seen for a while

Visitor notes

Once you've had a think about how you'd like to spend time with your visitors, you could share them in a letter to them.

A door sign can help visitors know how long to stay for or how you're feeling before they get in the room.



You can download copies of the templates from the AYA Cancer Network website. You might want to laminate the door sign so that you can change it each day.

