



Caregiver Resource Guide

We Care for People Who Care for Others.

Caregivers play a critical role on every cancer care team. Since your loved one was diagnosed with cancer, you have likely been the one person who has been there at every step of their journey. You have probably coordinated their care and served as the primary communicator to family, friends, and medical staff – all while trying to balance your own daily responsibilities.

With this in mind, we created the Cancer Resource Guide that includes information about:

- **Cancer caregiving** – overview of what caregivers do and how your role is important in the cancer journey; also includes tips for being an effective caregiver
- **Caregiver self-care** – information about healthy lifestyle choices with guidelines to support physical activity and nutrition
- **Communication** – tools to help you better express thoughts and feelings about cancer to your loved one and to the cancer care team
- **Cancer information** – the basics about cancer: what it is, how it develops, and common cancer myths
- **Cancer treatment** – briefly describes surgery, chemotherapy, and radiation and their respective side effects; also provides resources in the event treatment stops working
- **Patient nutrition** – how eating the right kinds of foods before, during, and after treatment can help patients feel better and stay stronger
- **Coping** – the most common mental health concerns around cancer (e.g., anxiety, fear, and depression) and how caregivers can help their loved one cope with them
- **Caregiver resources** – a list of support resources available through the American Cancer Society and other organizations



Visit cancer.org/caregiverguide to download a copy.

For more information about caregiving, visit cancer.org/caregivers.



Caregiver Support Video Series

We're here for you.

When you're caring for a loved one with cancer, you will likely face new challenges, including dealing with a wide range of emotions and learning how to provide at-home care.

The American Cancer Society and biopharmaceutical innovator EMD Serono are working together to help you meet these challenges. We encourage you to check out our **Caregiver Support Video Series**, which provides resources and training for caregivers.

This video series offers psychosocial and educational support for people caring for a loved one with cancer. It also provides self-care techniques, so you can maintain or improve your own quality of life as you go through the caregiver experience.

This is an evidence-informed video series. That means we've listened to caregivers – lots of them – who have shared what would help them in their role, and we used their feedback to create this video series.

Video topics include the following:



Physical Care Training –

Drain care, lifting, pain management, medication management, symptom/side effect management, and identifying signs of infection



Caregiver Self-Care –

Nutrition, physical activity, stress management and coping, dealing with fear of recurrence, and deep breathing/relaxation



Advocacy –

Ways to effectively communicate the patient's needs to the cancer care team

Visit cancer.org/caregivervideos and choose the videos that speak to your needs. Also, please share this information with others in your caregiver community. We want all caregivers to know that they are not alone, and that we are here to help.



embracing carers

Embracing Carers™ is an initiative led by EMD Serono, in collaboration with leading caregiver organizations around the world, to increase awareness and action about the often-overlooked needs of caregivers. Visit embracingcarers.com to learn more.