



As your loved one embarks on their journey of battling cancer, you, too, are embarking on a journey of your own. We have created the Cancer Caregiver's Guidebook in partnership with hundreds of caregivers to help you navigate the emotional highs and lows that you might face. While you care for your loved one emotionally and physically, we want to empower you with the tools you need to care for yourself.

The Cancer Caregiver's Guidebook is a tool designed for caregivers. This resource provides insight into the cancer caregiving journey through helpful information and support resources. This guidebook is available as a web-based digital book and an audiobook. Both resources provide an overview of the 6 phases of the caregiving journey, from confusion to acceptance.



Helpful information on caregiving can be found by scanning the QR codes to access the following organizations:

- National Alliance for Caregiving



- Caregiver Action Network



- American Association of Retired Persons



- Mended Hearts



For Cancer Caregivers



THE CANCER
**CAREGIVER'S
GUIDEBOOK**

Helping you navigate the cancer caregiving journey with information, strategies, and support.



**A Guidebook for
Cancer Caregivers**



Your journey as a caregiver can be like an emotional roller coaster where you'll experience both highs and lows, often suddenly. The Cancer Caregiver's Guidebook can help introduce you to 6 states of mind you may be dealing with.

Phase 1: Confusion

Immediately after learning about the cancer diagnosis, you may find yourself feeling overwhelmed by emotion, and confused by all the information being directed your way. Gain insights into questions you'll want answered, helpful resources and tools, and learn steps you can take to create a strong foundation of support. You'll also learn easy ways to help keep you centered and calm.

Phase 2: Realization

As caregivers start to better understand what a cancer diagnosis means, becoming more familiar with the demands placed upon you is key. This phase provides helpful suggestions on insurance, clearly defining caregiving roles, special dietary requirements, finances, and organizations dedicated to caregiver support.

Phase 3: Frustration

Often, both patients and caregivers can be frustrated during the cancer journey. This may include health setbacks, feeling stuck in a routine of the day-to-day, transportation difficulties, or simply feeling exhausted. Unfortunately, many issues exist that can cause frustration. Learn ways to help you plan for the unexpected and exercises that can assist in recharging your body and spirit.

Phase 4: Acknowledgement

You know the routines by heart. You've taken ownership over your loved one's treatment and management. You probably have learned more about cancer than you ever thought possible. You've made peace with your role as a caregiver. This phase helps you build from the confidence you've gained to make deeper connections with your cancer care team, optimizing your home for patient safety, and taking steps for long-term care plans.

Phase 5: Collapse

You've been putting yourself second for some time now, and often caregivers can sacrifice their own health for that of their loved one. You may not be getting enough rest or exercise. Depression and anxiety are commonly experienced. You may also feel isolated. Learn essential self-care steps you can take to support your overall well-being and discover organizations that may be able to assist you with some caregiving responsibilities.

Phase 6: Acceptance

By staying in close touch with your cancer care team, you've spoken about what lies ahead. Learn more about how to have important conversations that can provide insights on different types of care options available to patients throughout their journey. Thinking ahead can help address the unexpected and also provide a sense of calm.

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The Cancer Caregiver's Guidebook

- Scan the QR code below to download the web-based digital book:



- Scan the QR code below to listen to the audiobook:

