

Caregivers of Cancer Patients



The purpose of this guide is to help patients and families find sources of information and support. This list is meant to provide links to authoritative, up-to-date information sources for patients, families, and caregivers.

The materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center B2 lobby.

Brochures, Fact Sheets

- American Cancer Society. **Caring for the Patient with Cancer at Home.**
- Cancer Support Community.
 - **Support From a Distance**
 - **Ten Tips for Caregivers**
- CancerCare
 - **Building a Community of Support**
 - **Caregiving for Your Loved One with Cancer**
 - **Caring Advice for Caregivers: How Can You Help Yourself?**
 - **Coping with the Stress of Caregiving**
 - **For Caregivers” Coping With Holidays and Special Occasions**

To access online go to:

<http://www.cancercare.org/publications/tagged/caregiving> and click on the title of the document. You can then read the information here or scroll to the bottom of the page for a link to the pdf version. There is also an option to listen to the information.

- Family Caregiver Alliance (FCA)
 - **Caregiver Health**
 - **Community Care Options**
 - **Depression & Caregiving**
 - **Helping Families Make Everyday Care Choices**
 - **Hiring In-Home Help**
 - **Hospital Discharge Planning: A Guide for Families and Caregivers**
 - **Taking Care of YOU: Self-Care for Family Caregivers**

These fact sheets as well as others are available at: <https://caregiver.org/fact-sheets> These sheets are also available in Spanish, Chinese, Korean, and Vietnamese.

- National Cancer Institute.
 - **Caring for the Caregiver**
 - **When Someone You Love is Being Treated for Cancer: Support for Caregivers**
 - **When Someone You Love Has Completed Cancer Treatment**
 - **When Someone You Love Has Advanced Cancer: Support for Caregivers**

To access these online type the title of the publication into the search box at:
<https://pubs.cancer.gov/ncipl/home.aspx>

- National Institute on Aging. **So Far Away: Twenty Questions and Answers About Long-Distance Caregiving.** This title can also be accessed online at:
<http://www.nia.nih.gov/health/publication/so-far-away-twenty-questions-and-answers-about-long-distance-caregiving>

Books

- American Cancer Society. **Cancer Caregiving A-Z: An At-Home Guide for Patients and Families.** Atlanta, GA: American Cancer Society/Health Promotions, 2008.
- Bucher, Julia, Houts, Peter and Ades, Terri. **American Cancer Society Complete Guide to Family Caregiving: The Essential Guide to Cancer Caregiving at Home.** Atlanta, GA: American Cancer Society, 2011.
- Cornwall, Deborah. **Things I Wish I'd Known: Cancer Caregivers Speak Out.** 2nd Ed. Sarasota, FL: Bardolf & Co., 2012.
- Meyer, Maria M., Paula Derr, & John Caswell. **The Comfort of Home: A Complete Guide for Caregivers.** Portland, OR: CareTrust Publications LLC, 2007.
- Rose, Susannah L. **100 Questions and Answers about Caring for Family or Friends with Cancer.** Sudbury, MA: Jones and Bartlett Publishers, 2011.

Web Resources

- **American Cancer Society** site has information on Caregiving at:
<http://www.cancer.org>
 - Click on "Find Support & Treatment"
 - Select "Caregivers"
- **Cancer Support Community**
<http://www.cancersupportcommunity.org/>
Provides education and support for patients and their caregivers.

- **CancerCare**
<http://www.cancercare.org/tagged/caregiving>
CancerCare provides free, professional support services for caregivers and loved ones, as well as caregiving information and additional resources.
- **Cancer.Net** has a section on Caregiver Support at:
<http://www.cancer.net>
 - Click on “Coping & Emotions”
 - Click on “Caregiver Support”
- **Caregiver Action Network (CAN)**
<http://www.caregiveraction.org/>
CAN is a national nonprofit organization dedicated to empowering family caregivers to act on behalf of themselves and their loved ones, and to remove barriers to their health and wellbeing. Their site has useful information and tips for caregivers under “Resources”.
- **Family Caregiver Alliance (FCA)**
<https://caregiver.org/>
FCA’s mission is to improve the quality of life for caregivers and those they care for through information, services, and advocacy.
- **National Alliance For Caregiving**
<http://www.caregiving.org/>
The National Alliance for Caregiving is a non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation and advocacy. Their site does also provide information for caregivers.
- **National Cancer Institute** site has information on Adrenocortical Carcinoma at:
<http://www.cancer.gov>
- **Strength for Caring –**
<http://www.strengthforcaring.com/>
Provides information, tools and tips for caregivers.

University of Michigan Resources

- **Comprehensive Cancer Center Caregivers and Family Information**
<http://www.mcancer.org/living-with-cancer/caregivers-and-family>
- **Comprehensive Cancer Center Complementary Therapies Program**
<http://www.mcancer.org/support/managing-emotions/complementary-therapies>
This program includes Art Therapy, Families Facing Cancer Program, Guided Imagery, and Music Therapy.

- **Comprehensive Cancer Center PsychOncology Program.**
<http://www.mccancer.org/support/managing-emotions/psychoncology>
This Program at the U-M Cancer Center is devoted to relieving the numerous negative social and psychological effects of the disease.

Support Organizations

- **Cancer Support Community**
<http://cancersupportannarbor.org/>
Emotional support & resource sharing are provided through professionally facilitated groups and support programs.
- **Caregiver Action Network (CAN)**
<http://www.caregiveraction.org/>
Phone: 202-772-5050
- **Family Caregiver Alliance**
[http://www.caregiver.org /](http://www.caregiver.org/)
Phone: 800-445-8106

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