

# Caregiver

## Information Sheet



### Who is a caregiver?

A caregiver is anyone helping a loved one go through cancer treatment.

Caregivers have many roles. These roles might change as the patient's needs change during and after treatment.

Caregivers may help feed, dress and bathe the patient. Caregivers arrange schedules, manage insurance issues and provide transportation.

### What are important points to consider during this time?

- Remember that you are doing the best you can
- It's okay to cry or express your feelings
- Remember that we all make mistakes

### What can I do to help myself during this time?

Being a caregiver can be very emotional. You may feel angry, sad and stressed at times. It is important to remember some strategies to help you with this difficult time.

- Talk with someone to help yourself cope
- Ask others for help (cooking, cleaning, yardwork, driving, etc.)
- Make time for yourself and be active
- Join a caregiver support group
- Find ways to stay connected with friends in person or by email or phone

### Where can I get more information?

The Center for Disease Control and Prevention (CDC) provides information and resources on cancer prevention, screening and specific cancer types.

Phone: 1-800-CDC-INFO (1-800-232-4636)

Website: [www.cdc.gov/cancer](http://www.cdc.gov/cancer)



### For more local information, please contact:

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