

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 may change as the patient's needs change during and after treatment.

Caregivers may help with everyday needs like feeding, dressing and bathing. Caregivers may also arrange appointments, manage insurance issues and provide transportation.

What are important points I should consider?

Caregiving may be a new experience and you may feel uncomfortable at first, but you will learn more every day.

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

What can I do to help myself?

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

- Talk with someone to help yourself cope with the challenges you face
- Ask others for help (cooking, cleaning, yard work, 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



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Where can I get more information?

CancerCare provides information about cancer related-resources for patients and their caregivers.

Phone: 1-800-813-HOPE (1-800-813-4673)

Website: www.cancer.org/tagged/caregiving

The National Cancer Institute provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

Phone: 1-800-4CANCER (1-900-422-6237)

Website: www.cancer.gov



Carbone Cancer Center

UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH



**Cancer Health
Disparities Initiative**

ruralcancernetwork.org

For more local information, please contact:

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