

For Caregivers

This Pathfinder may be useful in finding information for families and loved ones caring for people with cancer.

Websites

Family Caregiver Alliance – Go to caregiver.org. This site has a wide range of info on caregiving, including issues and plans, tips and fact sheets. Video and audio files are offered on many topics in different languages.

National Cancer Institute – 1-800-4CANCER

cancer.gov. In the search box, type Caregivers, then choose from a list of links to different topics. Some of the info can be found in their publications. Those booklets can be read online or mailed to your home at no cost.

American Cancer Society – 1-800-227-2345

<http://cancer.org> Click on the magnifying glass icon to get to the search box. Type Caregivers, then choose a topic to read from the list.

Centers for Disease Control and Prevention – Go to CDC.gov In the search box, type Cancer Caregivers. There is a list of topics to choose from, including info on financial assistance, how to prevent infection in cancer patients, and caring for yourself.

Books

Better Together: Navigating the Cancer Experience (2020) by Jessica Walker. ISBN-13 : 979-8696855110

Caregiver's Survival Guide: Caring For Yourself While Caring For A Loved One (2018)
by Robert Yonover. ISBN-13: 978-1510731776

Co-Surviving Cancer: The Guide for Caregivers, Family Members and Friends of Adults Living with Cancer (2017) by Katie Brown, OPN-CG ISBN-13 : 978-1979231688

Things I Wish I'd Known: Cancer Caregivers Speak Out - Third Edition 3rd Edition (2016)
by Deborah J. Cornwall. ISBN-13: 978-1938842276

How to Help Children Through a Parent's Serious Illness by Kathleen McCue. St. Martin's Griffin. Second Edition, 2011.

This Pathfinder is a suggested list of books and websites and is not meant to take the place of medical advice or professional counseling. If you have any questions, please talk to your doctor, nurse, or social worker.

Caregiver Bill of Rights

As a caregiver, I have the right

- To take care of myself. This is not an act of selfishness. It will give me the capacity to take better care of my relative.
- To seek help from others even though my relative may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things for myself.
- To get angry, be depressed, and express other difficult feelings occasionally.
- To reject any attempt by my relative (either conscious or unconscious) to manipulate me through guilt, anger, or depression.
- To receive consideration, affection, forgiveness, and acceptance for what I do for my loved one for as long as I offer these qualities in return.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.
- To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.
- To _____
(Add your own statement of rights to this list.)

Read the list to yourself every day.

~ by Jo Horne, author of *Caregiving: Helping an Aging Loved One*