



# CAREGIVER RESOURCES



Turn the Canal TEAL

## Are you a Caregiver?

America is a nation of caregivers. Day in and day out, an estimated 4.6 million people in the United States care for someone with cancer at home and fulfill a vital role on the care team of a loved one.

If you are helping a family member or friend through cancer treatment, you ARE a caregiver. A caregiver is someone who provides help to another person in need. This support may be a few hours a week or full-time live-in support or anywhere in between. The person for whom care is provided may live at home, with you, or with another family member or friend. Caregiver tasks include such things as running errands, preparing meals, transportation to medical appointments, being a chemo buddy, shopping, housekeeping, and much, much more.

When a diagnosis of cancer is delivered to a patient, the effect is obviously traumatic. The lives of the caregivers – the people who love and care for those with cancer – are also inescapably impacted. Individuals find themselves in roles they hadn't anticipated. The roles rarely remain within the boundaries of previous comfort levels. They are often very physically and emotionally demanding. The struggle to balance one's hope and love with fear, financial stress, exhaustion and, sometimes, guilt, can be confusing and draining.

A caregiver's role is an important one. The caregiver is in the best position to ensure continuity of a person's care. It is essential to know that you are NOT alone and that what you do is truly special!

Much like cancer survivors themselves, caregivers need access to resources and systems of support to continue to persevere in the fight against ovarian cancer. Ovar'coming Together provides programs to support caregivers (and survivors). Please reach out to us at any time for resources or to share a special need. If we can't help, we will try to find a group or organization that can.

## Ovar'coming Together Support for Caregivers

**EDUCATION MEETINGS** - Medical professionals and other qualified experts speak, on occasion and at our request, regarding a variety of topics such as survivorship, caregiver skills, support for caregivers, genetics, diet, treatments, complementary medicine and more. Meeting announcements are emailed and a schedule of upcoming events can always be found on the organization's calendar.

**PEER CONNECTIONS** - For many caregivers, connecting with another caregiver can be extremely helpful and meaningful. Most likely, a fellow caregiver has experienced similar physical, emotional and practical issues of caregiving. Upon request, and with permission from both parties, Ovar'coming Together is happy to connect caregivers. This arrangement can be extremely supportive and lead to long-lasting friendships or simply short-term connections to share experiences. Please email or call us to request a peer connection.

**SUPPORT PACKAGE** - If you are a husband or adult child of a survivor who accompanies your wife/mother to chemo appointments, please let us know. We have a small support package we would like to share with you. Please simply call or email us. (317-925-6643 / Toll-free 855-855-OVAR / email: [ovarIN@ovarian-cancer.org](mailto:ovarIN@ovarian-cancer.org) / website form at <http://ovariancancerin.org/>).

## Additional Resources

### National Coalition of Cancer Survivorship (NCCS)

Offers a **Caring for the Caregiver Toolbox** developed to provide resources and support for cancer caregivers to help address the issues they face on an ongoing basis. It is a track-by-track audio program through which you will hear stories taken from real life and solutions that can provide you with the hope and options you need, while showing you ways to balance your own personal needs with those of the person for whom you are caring. <https://www.canceradvocacy.org/resources/cancer-survival-toolbox/special-topics/caring-for-the-caregiver/>

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# Additional Resources

## American Cancer Society

Website includes an Interactive Caregiver Resource Guide and Caregiver Support Video Series

<https://www.cancer.org/treatment/caregivers.html>

## Help for Cancer Caregivers

Asks six short questions based on how things have gone for you in the past seven days. A private Personal Care Guide is instantly prepared for you.

<https://www.helpforcancercaregivers.org/>

## Caring Bridge

A nonprofit organization which allows people facing various medical conditions and their family and friends to communicate. It is the first non-profit social network with global reach whose mission is to connect loved ones during a health journey through personal and private websites.

<https://www.caringbridge.org/>

## National Cancer Institute (NCI)

The National Cancer Institute is the federal government's principal agency for cancer research and training.

<https://www.cancer.gov/about-cancer/coping/caregiver-support>

## Cancer Hope Network

Provides free one-on-one confidential support to all people (patients, family or friends) impacted by cancer, along the entire continuum from diagnosis through survivorship. Support provided by training volunteers who faced similar experiences and who are matched to those needing our services.

[https://www.cancerhopenetwork.org/what-we-do/caregiver-support.html?](https://www.cancerhopenetwork.org/what-we-do/caregiver-support.html?gclid=CjwKCAiAh5_uBRA5EiwASW3latlgOU24bIJN_GOmwlHbM3iWGY0wMbsli58ijxLjijp7ialSXrQKfxoCmslQAvD_BwE)

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## Cancer Support Community

Mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

<https://www.cancersupportcommunity.org/caregivers>

## Cancer.Net

The patient information website of the American Society of Clinical Oncology (ASCO), bringing the expertise and resources of ASCO to people living with cancer and those who care for and care about them. ASCO is the voice of the world's cancer physicians.

<https://www.cancer.net/coping-with-cancer/caring-loved-one/caregiving-basics>

## National Caregivers Library

One of the most extensive libraries for caregivers that exists today.

<http://www.caregiverslibrary.org/home.aspx>

## My Cancer Circle

A service to support caregivers and people facing cancer. Provides a private space where community Members can offer words of support and encouragement. You can also post updates and information about your loved one.

<https://mycancercircle.lotsahelpinghands.com/caregiving/home/>

## Caregiver Action Network

The nation's leading family caregiver organization working to improve the quality of life for those who care for loved ones. Provides education, peer support and resources to family caregivers across the country free of charge.

<https://caregiveraction.org/>