

# TIPS FOR CAREGIVERS

A BACKBONE OF SUPPORT IS A CARE PATIENT'S GREATEST ASSET



One of the most important, gratifying and difficult roles on the road to cancer recovery is played by the caregiver. These cancer tips will assist in defining your place in your care patient's life while helping you to take care of yourself along the way.



**1.** Listening is the most important part of your dialogue. Always be open and allow for your patient to feel however they feel without judgement.

**2.** Embody a warm, sympathetic, compassion and stability. Your care patient needs to know that you will be there with an unwavering body, mind, and spirit during the constantly fluctuating emotions and energy levels of cancer recovery.



**3.** You too should find a source of stability and emotional support to fall back on as well as allowing your well being to rise to a priority in your life. Maintain a healthy diet and fitness plan to moderate stress and feel your best.

**4.** Don't allow blame or self deprecating attitudes, what's important is acceptance and acknowledgement of the ability to move forward. Healing can't be forced and shouldn't feel like a burden, allow the patient to approach the process on their terms.



**5.** Keeping an adaptable and open state of mind that's focused on growth eliminates failures - it's all part of the growing process. Let go of expectations, stay fluid and keep going.

**6.** While you will need to take on many of your patient's responsibilities, be sure to leave tasks and goals that nurture their sense of purpose and passion.



**7.** Energy levels and moods can change drastically from day to day, be sure to read your patient constantly and be ready to step in with moral support and guidance when energy is low.

**8.** Join your patient on trips to the doctor. Doctor's instructions can sound obvious at the time, but it always helps to take notes that can be referenced in times of fatigue and uncertainty.



**9.** A new pet can offer love, distraction and added purpose to a cancer patient's life but always be sure to get your doctor's approval.

**10.** You may need to reach out to family, friends, church groups, neighbors, or community service groups to help with children, meal preparation, household chores, and school commutes.



**11.** Allow your patient to make their own decisions about their life and future. You are there for support, not to take control of their life.

**12.** While constantly being close to someone who's going through such dramatic changes, it's inevitable to receive some of the backlash and overflow tension on difficult days.



These are the days you need to dig your feet in, get closer, and push through with love.



**13.** Humor, humor, humor, look for the humor in everything.

**14.** If you're the care patient's romantic partner communicate and instill the feeling that your love and attraction to their character can never be broken.



Be very clear about your concerns with sexual devotion and performance with both your partner and doctor.



**15.** We all have the best of intentions but the only ones that are ever understood or received are the ones that are performed through action, words, writing, art, or physical expression.

**Love, attention and time are our greatest gifts.**