

# Pathfinder Series: Caregiving

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books

*American Cancer Society Complete Guide to Family Caregiving* / edited by Julia A. Bucher, Peter S. Houts and Terri Ades

Call number: 5.10.15 2011

This book addresses the wide range of issues a family caregiver might encounter such as coping with emotional responses, depression and anxiety, self-care and more. The authors use a problem-solving approach, helping caregivers understand specific problems and conditions, recognize what they can do to help and know when to seek professional help.

*How Can I Help?* / Christine Clifford

Call number: 5.10.3 2018

A collection of helpful, easy, and fun things to make a cancer patient's life just a little – or a lot – easier. Includes dozens of suggestions for things you can do for your loved one.

*How to be a Friend to a Friend Who's Sick* / Letty Cottin Pogrebin

Call number: 5.10.0 2013

The author gives readers the straight goods on being a good friend when you are interacting with a sick friend. Tips, advice, dos and don'ts – all based on the author's experiences and interviews with others who have "been there done that" – make this an interesting and informative read.

*Loving, Supporting, and Caring for the Cancer Patient: a Guide to Communication, Compassion, and Courage* / Stan Goldberg

Call number: 5.10.5 2016

Loving, Supporting, and Caring for the Cancer Patient is the first book to show readers how to transform the compassion felt for someone living with cancer into helpful behaviours based on suggestions from cancer patients themselves. It not only describes why certain actions are important, but also how to implement them.

*Things I Wish I'd Known: Cancer Caregivers Speak Out* / Deborah J. Cornwall

Call number: 5.10.6 2016

Family caregivers are the unsung heroes of the life-saving drama that's triggered by a cancer diagnosis. Nearly three quarters of American households will find themselves caring for a cancer patient at one point in their lives. This book is the first to capture their thoughts, feelings, and insights on a large scale. It is based on 101 formal interviews with non-professional caregivers (some of whom are cancer survivors themselves), covering 122 patients in 19 states and Canada who ranged in age from 2 to 92 and faced 40 different cancer diagnoses.

## Websites

### **Canadian Cancer Society- If You're a Caregiver**

<http://www.cancer.ca/en/cancer-information/cancer-journey/if-you-re-a-caregiver/?region=on>

The Canadian Cancer Society Website provides information on the important role of caregivers during a loved one's cancer journey. This section explores the many ways caregivers can help including tips on giving comfort and emotional support, dealing with emotions, caring for yourself and ways in which caregivers can help the patient.

### **Cancer.net- Caring for a Loved One**

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

This site provides a large amount of useful information for caregivers. Topics range from general tips about caregiving, taking care of yourself as a caregiver, to young adults caring for their parent and caregiving both at home and in the hospital.

### **Caregiving for Your Loved One**

[http://media.cancercare.org/publications/original/1-ccc\\_caregiver.pdf](http://media.cancercare.org/publications/original/1-ccc_caregiver.pdf)

Cancer Care is a support organization for anyone affected by cancer and they have published this book to help caregivers manage their loved one's treatment, provide emotional support, find help when needed, and much more.

### **Caring Connections**

<http://www.caringinfo.org/>

Caring Connections provides people with information and support when they are planning ahead, caring for a loved one, living with an illness or grieving a loss.

### **Caring for the Caregiver**

<https://www.cancer.gov/publications/patient-education/caring-for-the-caregiver.pdf>

This resource stresses the importance of taking care of yourself while taking care of others. Topics include understanding your feelings and how to handle them, how and when to ask for help, caring for yourself physically and mentally and much more.

### **Caring Today**

<http://caringtoday.com/>

Dedicated to supporting the health and well-being of family caregivers, their goal is to serve the family caregiver community by offering valuable advice, researching the industry and recommending professional resources and advice.

### **Family Caregiving 101**

<http://www.familycaregiving101.org/>

The site is designed to provide caregivers with the basic tools, skills and information they need to protect their own physical and mental health while they provide high quality care for their loved one.

### **When Someone You Love is Being Treated for Cancer**

<https://www.cancer.gov/publications/patient-education/when-someone-you-love-is-treated.pdf>

A helpful booklet from the National Cancer Institute that is particularly good for anyone just getting started down the path of caregiving for a loved one.