

Pathfinder Series: Caregiving

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

Books

Stand By Me: A Guide to Navigating Modern, Meaningful Caregiving / Allison J. Applebaum
Call number: 5.10.22 2024

- puts the practical tools and transformative support of the Caregivers Clinic in your hands, empowering you to provide your loved one with the best quality of life and care possible, while promoting your own wellbeing.
- draws on a decade of clinical and research experience as well as the author's personal journey as the primary caregiver for her own father at the end of his life.

The Caregiver's Guide to Cancer: Compassionate Advice for Caring for You and Your Loved One / Victoria Landes
Call number: 5.10.10 2021

- empowers you to be an attentive, thoughtful, and compassionate caregiver for your friend or family member with cancer.
- practical, everyday advice for meeting your own physical and emotional needs.

The Farewell Tour: A Caregiver's Guide to Stress Management, Sane Nutrition, and Better Sleep / Jessica Cording
Call number: 5.10.21 2022

- offers a funny, heartwarming, and unique approach to end-of-life care or caring for someone with ongoing needs.
- reminds you it's okay to laugh, it's okay to date (if you want to), and it's imperative to take care of yourself along the way.

The Sudden Caregiver: A Roadmap for Resilient Caregiving / Karen Warner Schueler
Call number: 5.10.9 2021

- take control of the practical tasks and available resources your circumstances require, minimize unpleasant surprises, and maximize well-being for you and the person in your care.

Things I Wish I'd Known: Cancer Caregivers Speak Out / Deborah J. Cornwall
Call number: 5.10.6 2016

- captures family caregivers' thoughts, feelings, and insights on a large scale.
- 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

American Cancer Society - Caregivers and Family

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

- general tips about caregiving, taking care of yourself as a caregiver, young adults caring for their parent, caregiving both at home and in the hospital, and more.



Canadian Cancer Society - Caregiving

<https://cancer.ca/en/living-with-cancer/helping-someone-with-cancer/caregiving>

- information on the important role of caregivers during a loved one's cancer journey.
- 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.



CancerCare

<https://www.cancercare.org/tagged/caregiving>

- free online support groups, education workshops, recommended readings and podcasts, and other helpful publications.



Caregiving for Your Loved One With Cancer

http://media.cancercare.org/publications/original/1-ccc_caregiver.pdf

- this CancerCare book helps caregivers manage their loved one's treatment, provide emotional support, find help when needed, and much more.



Caring for the Caregiver

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

- National Cancer Institute booklet that stresses the importance of taking care of yourself while taking care of others.
- understanding your feelings and how to handle them, how and when to ask for help, caring for yourself physically and mentally, and more.



Caring for the Caregiver with Victor Imbimbo

<http://caring4caregivers.com/>

- U.S.-based website
- eBook, podcast, newsletter, resources, blog, and more.



When Someone You Love is Being Treated for Cancer

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

- National Cancer Institute booklet
- adjusting to the role of caregiver, caring for yourself – mind, body and spirit – talking to the healthcare team, talking with family and friends, and more.

