

CAREGIVER STRESS

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More than 1.6 million new cases of cancer are expected to be diagnosed in the United States in 2017. Many patients diagnosed with cancer will eventually require support from a family caregiver.

Caregiving includes everyday tasks such as helping the patient with medicines, doctor visits, meals, schedules, and health insurance matters. It also includes giving emotional and spiritual support, such as helping the patient deal with feelings and making hard decisions.

Many aspects of life can change once a cancer diagnosis is made. Financial, social, and psychological parts of the patient and caregiver's life can change dramatically. The caregiver's need for information, help, and support is different from what is needed by the patient. Different struggles and challenges can occur throughout the time period that your loved one is ill.

Caregivers have a very hard job and it's normal to need help. You must be able to cope with stressors in order to keep your loved one as healthy and safe as possible during this challenging time.

Please talk to your healthcare provider, nurse, or care coordinator at AndrewsPatel Hematology/Oncology about difficulties you may be having as a caregiver. We can help you find community resources related to your struggles. We care about you as well as your loved one!

Additional resources:

[National Cancer Institute – Family Caregivers in Cancer](#)

[HelpForCancerCaregivers.org – Caregiver Burnout and Stress](#)

[Cancer.net – How Caregivers Can Take Care of Themselves](#)