

Pathfinder series: Caregiving

Websites

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.

Family caregivers' Network Society <http://www.fcns-caregiving.org/>

The FCNS, based in Victoria British Columbia, is a not-for-profit society established in 1989 whose mission is to inform, support and educate on issues of concern to family caregivers. FCNS promotes the significance of the family caregiver's role and contribution to the healthcare system, and the website offers a wealth of information and resources for caregivers.

My Care Journey <http://www.elderpost.com/My-Care-Journey-1059.html>

This online community looks to connect caregivers with the services, resources and the support they need through a blog, multimedia sources (videos) and social media. Caregivers are encouraged to join the community and get involved with others in similar situations.

When Someone You Love is Being Treated for Cancer

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

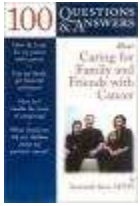
A helpful booklet from the National Cancer Institute that is particularly good for anyone just getting started down the path of caregiving for a loved one. Topics include adjusting to the role of caregiver, caring for yourself – mind, body and spirit – talking to the healthcare team, talking with family and friends and more.

Caregiving for Your Loved One

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

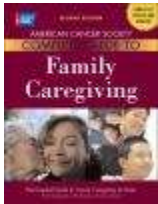
Cancer care is a support organization for anyone affected by cancer and they have published this book to help caregivers manage their loved one's treatment, provide emotional support, find help when needed, and much more.

Books available from Central library, St. Catharines:



100 questions & answers about caring for family or friends with cancer / Susannah L. Rose, Richard Hara, Jones and Bartlett Publishers, Pub date: c2005, Call No.: 616.99406 Ros

Answers to many of the common questions surrounding caring for a loved one with cancer are answered in this helpful, straightforward book. Topics include providing emotional support, communicating with healthcare professionals and care for the caregiver.



American Cancer Society complete guide to family caregiving : the essential guide to cancer caregiving at home, American Cancer Society/Health Promotions, Pub 2011, Call No.: 649.8 Ame

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 much 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.

Books/videos they may be able to help you find:

Cancer caregiving A to Z: An at-home guide for patients and families / American Cancer Society

Family and friends are valuable participants in a cancer patient's care, and the support is very important to their physical and emotional well-being. This book provides general information, in a simple A to Z format, about problems caregivers might encounter when caring for someone with cancer at home. Everything from appetite and skin sores to leg cramps and sleep problems is covered.

Caregiving: A step-by-step resource for caring for the person with cancer at home / Peter S. Houts and Julia A. Bucher

This practical guide offers manageable solutions to the many conditions and situations caregivers may face, from physical and emotional changes, dealing with healthcare providers and insurance carriers, to taking care of their own needs as well as those of the patient. Easy to use, this handy reference offers thorough, concise checklists, questions to ask, signs and symptoms to note, and where to turn for more help.