

CANCER CAREGIVING 101

*Presentation by Rachel Cannady, American Cancer Society
Family Caregiver Resources*

AMERICAN CANCER SOCIETY CAREGIVER RESOURCES

Caregiver Web Content

cancer.org/caregivers

This section of the American Cancer Society's website is targeted specifically to caregivers with information about what it takes to be a caregiver, how to assist with treatment decisions, how to effectively manage treatment side effects, issues related to having a child with cancer, and end of life concerns, as well as where to find programs and resources to meet caregivers' needs.

Caregiver Books

cancer.org/bookstore

The American Cancer Society's bookstore is a marketplace environment where people can place a single order or bulk order for books specializing in content across the cancer continuum, such as cancer prevention, nutrition during and after treatment, caregiving at various life stages, and end of life planning. Most of our books cover information relevant for caregivers.

Cancer Survivors Network

csn.cancer.org

The American Cancer Society's very established online support site, the Cancer Survivor's Network, is a robust community for those who want to interact with others who have been touched by cancer. There is a large group of caregivers who are actively engaged in conversations around care specific to treatment side effects, coping with multiple responsibilities, seeking respite care and maintaining health and well-being as a caregiver.

MyLifeLine

acs.mylifeline.org

In a new partnership with the American Cancer Society, MyLifeLine provides free personal websites allows patients and caregivers to post updates, request and coordinate help from friends and family with day to day tasks, and collect personal donations to assist with the cost of care.

Cancer Treatment & Survivorship Facts & Figures 2014-2015

cancer.org/acs/groups/content/@research/documents/document/acspc-042801.pdf

The number of Americans with a history of cancer is growing due to the aging and growth of the population, as well as improving survival rates. This comprehensive survivorship report, a collaboration between two of the Society's Intramural Research Programs -- Surveillance & Health Services Research and Behavioral Research -- and the National Cancer Institute, provides current and projected cancer prevalence estimates for the United States, as well as data from the National Cancer Data Base on treatment patterns, and information on the common effects of cancer and its treatment. Update is underway and will be published in June 2016.

ADDITIONAL CAREGIVER RESOURCES

CancerCare

cancercares.org/

CancerCare provides free, professional services for caregivers through support groups offered online, via telephone or face-to-face. Limited financial assistance is also available to people affected by cancer. As a nonprofit organization, funding depends on the sources of support received at any given time. If they do not currently have funding to assist you, their professional oncology social workers will always work to refer you to other financial assistance resources.

Family Caregiver Alliance (FCA)/National Center on Caregiving

caregiver.org/

Provides information and resources for long-term caregiving, including practical skills, how to hold family meetings, decision-making, assistive equipment, online support. The National Center on Caregiving works to advance the development of high-quality, cost-effective policies and programs for caregivers in every state in the country. The Center has a Family Care Navigator: a first-of-its-kind, state-by-state, online guide to help families in all 50 states locate government, nonprofit, and private caregiver support programs. The easy-to-use Navigator lists programs for family caregivers as well as resources for older or disabled adults living at home or in a residential facility.

National Alliance for Caregiving (NAC)

caregiving.org

A non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation, and advocacy. The Alliance conducts research, does policy analysis, develops national best-practice programs, and works to increase public awareness of family caregiving issues. Produced the *Caregiving in the U.S. 2015* report in conjunction with AARP, available for free download: <http://www.caregiving.org/caregiving2015/>

Caregiver Action Network

caregiveraction.org

Supports and educates family caregivers, helps them connect with other caregivers; and helps them become their own advocates. Membership is free to caregivers.

Help For Cancer Caregivers

helpforcancer caregiver.org

This partnership between the Caregiver Action Network, Cancer Care, Anthem, Indiana University, Michigan State University, and Takeda Oncology provides online information and support specific to caregivers of cancer patients. Of note is the Personal Care Guide, a page which allows the user to select specific content based upon need (psychosocial, information, practical) and print it out for reference.