

*Circle Of Life: Cancer Education and Wellness
for American Indian and Alaska Native Communities*



American Cancer Society Circle Of LifeSM
Cancer Education and Wellness for American Indian and Alaska Native Communities

Wellness along the Cancer Journey:
Caregiving
Revised October 2015



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WELLNESS ALONG THE CANCER JOURNEY: CAREGIVING

Goals: Those taking part will be able to describe some of the many roles of caregivers and to understand what to be aware of when caring for a person being treated for cancer.

Objectives: At the end of this section, those who take part will be able to answer these questions:

- What do caregivers do?
- What are common challenges caregivers may face?
- How can caregivers take care of themselves?



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Chapter 1: Module Overview



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Module Overview

This module will look at what caregivers can expect when caring for someone with cancer and what they need to know when caring for a loved one at home.

Caregivers are often loved ones who give the person with cancer physical and emotional care. They may be spouses, partners, family members, or close friends. Most often, they are not trained for the caregiver job. Many times, they may be the lifeline of the person with cancer.

This guide offers general information about caring for a person with cancer at home. It includes the more common problems people with cancer experience, signs of problems to look for, and some ideas for what to do. It also lists some of the more common cancer treatments and possible side effects that go with them.

Caregiving can be an overwhelming job. Healthy eating, remaining physically active, and healthy ways to manage stress are also discussed in this guide. Additionally, support services for caregivers (such as respite care, that can give the main caregiver a break), tips on organization, and accepting help from others are also discussed.