

Cancer Caregiver Survival Toolbox

As a caregiver, you, too, are facing the challenges, responsibilities, and life-changing effects this disease and its treatment brings.

This toolbox is a collection of tips and advice provided by other Belongers.

Essential information and documents:

- ❖ Communication is essential. Clarify the wants and needs of the person you take care of. Invite them to be part of the decision-making process. This allows for a sense of control, and it will enable you, the caregiver, to “follow” an instruction as opposed to making the decision on their behalf.
- ❖ Health history: Prepare a detailed medical file to include information and contact details of the doctors, clinics, medical teams, treatments, medical reports, results, prescriptions, and medications. You may want to keep a treatment diary to track improvements and challenges.
- ❖ Medical and other related documents: health insurance information, insurance policies, banking, additional financial information, power of attorney, advance directives, medical power of attorney, and a last will and testament.
- ❖ For your convenience, you may upload all the medical documents into the Binder area within the Belong app.

Caring and sharing:

- ❖ Outsource the Errands: If the errands contribute to your stress, you may want to find online delivery services that you can order from online.
- ❖ Prescription journal: Use a prescription journal to list all the medications, dosages, and directions for use. Keep a hard copy of the current medications with you at all times. Always keep the list updated.
- ❖ Technology and communication: Keep an address book with contact numbers, or an iPad, a computer, or a telephone within easy reach of the person you are taking care of. It will allow your loved one to stay connected easily.
- ❖ Light entertainment and podcasts: Music, audiobooks and meditation can reduce stress and promote happiness. Keep a set of headphones within close reach.
- ❖ Physical Activity: even for those suffering from fatigue. Low impact physical activity is better than none. Physical activity is essential.

Selfcare

- ❖ Permit yourself to feel and express your emotions.
- ❖ Reach out: Keep a list of friends and family members who might have offered to replace you at times, if you do not have this support, look at agencies that offer caregiving services. It is essential to recognize that, at times, you need to call in extra help to nurture yourself.
- ❖ Remember to take care of your own health and wellbeing.

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