



A Caregivers Path

As a caregiver, you may experience burnout, frustration, and stress. Caring for yourself as the caregiver is just as important as caring for the patient. You both will enjoy the benefits.

Ways to Help Take Care of Yourself

- **Be Aware of What You Can Do** - Love the person unconditionally, acknowledge the difficult moments and share the laughter and tears.
- **Talk it Out** - Call a friend. Communicating can help release feelings and emotions.
- **Take a Break** - Read a book or work a crossword puzzle. Make time for yourself and stay involved in activities that you enjoy.
- **Get Moving and Eat Well** - Take a walk around the neighborhood. Exercise reduces stress and eating well helps boost the immune system.
- **Ask for Help** - Ask for help from others and learn what resources are available.
- **Get Support** - Join a support group for caregivers. This allows you to exchange experiences and improve your skills as a caregiver.
- **Acknowledge Your Efforts** - Tell yourself everyday that you are making a difference in the care of your loved one.
- **Laugh** - Maintain your sense of humor by watching a funny movie.
- **Breathe** - Inhale deeply and exhale slowly; this will help to calm you.

Resources

Local Resources

- Brenner Children's Hospital - Information for children, families and caregivers, 713-5984
- Cancer Care Coalition - *"A Guide to Resources and Services for People With Cancer and Their Families"* Available at Cancer Services, Inc., Forsyth Regional Cancer Center, WFUBMC Comprehensive Cancer Center.
- Cancer Patient Support Program - WFUBMC Comprehensive Cancer Center, Caregivers Family Meeting for Family Members of Cancer Patients, 716-7980
- Hospice and Palliative CareCenter - Local support groups, 768-3972

National Resources

- CancerCare, Inc. - 1-800-813-4673 - www.cancercare.org
- Family Caregiver Alliance - www.caregiver.org
- National Alliance for Caregiving - www.caregiving.org
- National Family Caregivers Association - 1-800-896-3650 - www.nfcares.org
- Today's Caregiver - www.caregiver.com

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