

## How caregivers can help:

- With day-to-day activities such as doctor visits or preparing meals.
- Giving medicines or helping with physical therapy and other daily tasks.
- With tasks of daily living such as using the bathroom or bathing.
- Coordinating care and services from a distance by phone or email.
- Giving emotional and spiritual support.

## Understanding what to expect (every situation is different):

- Learn about your loved one's diagnosis; this will help you understand what they are going through and how to best help.
- Understand the treatment regimen of the prescribed therapy including potential side effects and how to manage symptoms.
- Discuss potential concerns with the physician.

## Tips for caregiving:



- **Develop a support network**

- Be an advocate for your loved one – attend doctor's visits, be prepared with questions, and take notes.
- Encourage open communication with your loved one to understand their concerns, which will help you offer better support.
- You can't do it all - ask for help – carve out things others can help with (cooking, cleaning, running errands, driving to appointments).



- **Stay proactive and organized**

- Create a list of tasks, chores, errands, medication reminders, and appointments.
- Place important medical documents, test results, patient support resources or brochures in a binder to easily find them when needed.
- Keep track of questions, symptoms, and treatment in a journal.
- Have a centralized location for all medications and supplies.
- Save important treatment and physician contact information in your phone for urgent concerns or questions.



- **Try to stay positive**

- It may be challenging at times. Try to remember that you are spending time supporting your loved one through a difficult time.
- Find things to be grateful for such as each milestone.
- Take things one day at a time.
- Write in a journal.



- **Take care of yourself – caring for a loved one can be emotionally and physically challenging.**

- Set time aside to do things you enjoy (read a book, get out in nature, self-care, etc.).
- Focus on your health – stay active, eat healthy, get enough sleep, and get regular check-ups.
- Join a support group to spend time sharing and learning about how others cope with supporting a loved one with cancer.

## Support Resources

### General cancer support

[American Cancer Society](#)

[CancerCare](#)

[Cancer Support Community](#)

[National Coalition for Cancer Survivorship \(NCCS\)](#)

[Triage Cancer](#)

### Cancer support for advanced kidney cancer

[KC CURE](#)

[National Kidney Foundation](#)