

Being a Caregiver

Understanding your role and its responsibilities is the first step toward being an effective caregiver. Use these tips to get started.

TRY THIS

Understand your role. Caregivers do a lot. They communicate, make decisions, and support the patient.

Communicate openly and often. Talk with your loved one about how you can help, and be honest when you need extra support.

Think about the impact on your life. Plan for these changes, like taking time off from work or being away from home a lot.

Keep records. Thorough records of appointments, treatments, and medications can help you file health insurance claims.

CHECK THIS OUT

Visit the Springboard page Being a Caregiver. <https://survivorship.cancer.gov/springboard/get-support/being-a-caregiver>

Read about what caregivers do. <https://goo.gl/2UGFct>

Read these publications for caregivers. <https://go.usa.gov/xRf3J>

Learn how to keep records. <https://goo.gl/W4eEVG>