

# Knowledge Portal

- **Caregiver Resource Guide:**
  - <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/american-cancer-society-caregiver-resource-guide.pdf>
  - Contains a good amount of helpful information from the American Cancer Society (e.g., caregiver self-care, tips for cancer caregivers, talking about death and dying etc.)
- **Telephone numbers** (also pulled from American Cancer Society website)
  - AARP: Caregiving Resource Center (1-877-333-5885)
    - “Tools, worksheets, and tips on how to plan, prepare, and succeed as a caregiver. Includes information on caregiving options, housing, legal issues, financial matters, care for the caregiver, and more.”
  - CancerCare (1-800-813-4673)
    - “Provides free, professional support services (online, telephone, and in-person) for caregivers and loved ones, as well as caregiving information and additional resources.”
  - Cancer Hope Network (1-877-467-3638)
    - “Volunteers provide free and confidential one-on-one telephone support for people with cancer and family members.”
  - Cancer Support Community (The Wellness Community and Gilda’s Club) (1-888-793-9355)
    - “Provides social work services, education, and support programs free of charge for all people affected by cancer. The website provides a range of information, tools, and support to help you cope with the impact of cancer.”
  - Caregiver Action Network (CAN) (1-202-454-3970)
    - “Supports and educates family caregivers, helps them connect with other caregivers, and helps them become their own advocates. Membership is free to caregivers.”
- **National Cancer Institute Resources:**
  - [cancer.gov/about-cancer/coping/caregiver-support](https://www.cancer.gov/about-cancer/coping/caregiver-support)
    - Information re: how to take care of yourself as a caregiver, changing roles, etc.)
  - <https://www.cancer.gov/publications/patient-education/when-someone-you-love-is-treated.pdf>
    - Another pamphlet by the NCI with information for caregivers (e.g., adjusting to being a caregiver, coping with your feelings, etc.)
  - <https://www.cancer.gov/about-cancer/coping/adjusting-to-cancer/support-groups>
    - Information on cancer caregiver support groups