

For Partners, Families, Friends and Whanau



Caring for
someone with
prostate cancer

Caring for someone with prostate cancer

When you're close to someone with prostate cancer, the diagnosis can affect you just as much as them.

You may find yourself dealing with feelings of fear, anger, depression and loss. You may be coming to terms with the diagnosis and wondering how you will care for yourself as well as your loved one during the prostate cancer journey. Many describe it as feeling as though they are on an emotional roller coaster.

Life may change quickly. Prostate cancer can impact your lifestyle, relationships, work and finances. You may also find yourself taking on new roles and responsibilities.

As the carer of someone diagnosed with prostate cancer we are here to help as you provide practical and emotional support for the coming weeks, months or years.

Some common reactions

Everyone is different, but the following are some feelings common to many carers:

- Fear
- Anger and frustration
- Loneliness
- Stress
- Exclusion from discussions about treatment decisions, or medical appointments

Caring for someone with prostate cancer brings with it lots of demands, so looking after your physical and emotional self is important to keep you going. Our support and information services are also available to partners and family.

Here are a few tips:

- Become more informed about prostate cancer, diagnosis, treatments and beyond.
- Prepare for medical appointments by thinking about questions you may want to ask or points you want clarified. Download or order a copy of our booklet 'Questions to Ask Your Specialist' which lists many commonly asked questions to guide your thinking and conversations with the doctor or specialist. ([Hyperlink to the Questions to Ask your Specialist](#)) page.
- Download or order a copy of our booklet '[Caring for Someone With Prostate Cancer](#)'.
- Call our nurse-led Information Service 0800 66 0800 (toll-free) for personalised information and explanations
- Connect with our free Counselling Service 0800 735 343 (toll-free)
- Connect with others who understand what you're going through, they have been there too. Join our

Online Support Forum or find a [Support Group](#) or [Peer-to-Peer Support Person](#) near you.

