

Supporting Yourself as a Caregiver

➤ As a caregiver, you play an important role in your friend or relative's health.
Use this worksheet to learn how to support yourself and the person you care for.

Take Care of Yourself

While you are taking care of someone else, it is **equally important for you to take care of yourself**. Here are some ideas to help you stay healthy, both physically and emotionally.

There are lots of ways you can support your health. *Try one of these examples or write down your own idea. Consult your doctor before starting a new diet or exercise routine.*



Get enough
sleep



Eat a well-
balanced diet



Engage in
physical activity

One healthy habit I'd like to try is _____

I can start today by _____

Start the Conversation

Offering to help can have a profound effect on the health and well-being of someone living with cancer. Get started by asking, "How can I help?" The person you care for may need something different than what you thought.

I can help by _____

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Help With Healthcare Needs

Partner with the person you care for to help them manage their healthcare needs, like doctor's appointments and taking their medication as prescribed. *Try one of these examples or write down your own idea.*

Example



Work with them to plan questions before appointments

My Idea

I can help plan for an appointment by _____



Go with them to appointments to take notes or offer moral support

I can help during a doctor's appointment by _____



Help them remember to take their medicine and create a routine

I can help with medication and treatment by _____

Other ideas for how I can help: _____

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Ask for Support

You and the person you care for are not alone. Reaching out for support when you need it can help both of you. *Try one of these examples or write down your own idea.*



Talk to friends and family about how you're feeling



Join a support group for caregivers



Ask someone to pitch in when you need a break

I might need help with _____

When I need help, I can ask _____

Use Your Resources

Below are some resources that you may find helpful as you care for someone during treatment.

Advocacy Connector
www.advocacyconnector.com

CancerCare
www.cancercare.org

Cancer Support Community
www.cancersupportcommunity.org

International Waldenström's
Macroglobulinemia Foundation
www.iwmf.com

CLL Society
www.cllsociety.org

Leukemia & Lymphoma Society
www.lls.org

Lymphoma Research Foundation
www.lymphoma.org

National Alliance for Caregiving
www.caregiving.org