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 ____________________________________________________________

________________________________________________________________________
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.*

<table>
<thead>
<tr>
<th>Example</th>
<th>My Idea</th>
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<tbody>
<tr>
<td>Work with them to plan questions before appointments</td>
<td>I can help plan for an appointment by ____________________________</td>
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<td>Go with them to appointments to take notes or offer moral support</td>
<td>I can help during a doctor’s appointment by ___________________________</td>
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<tr>
<td>Help them remember to take their medicine and create a routine</td>
<td>I can help with medication and treatment by ___________________________</td>
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</table>

Other ideas for how I can help: ____________________________________________________________________
_____________________________________________________________________________________________
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](http://www.advocacyconnector.com)
- CancerCare: [www.cancercare.org](http://www.cancercare.org)
- Cancer Support Community: [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)
- International Waldenström’s Macroglobulinemia Foundation: [www.iwmf.com](http://www.iwmf.com)
- CLL Society: [www.cllsociety.org](http://www.cllsociety.org)
- Leukemia & Lymphoma Society: [www.lls.org](http://www.lls.org)
- Lymphoma Research Foundation: [www.lymphoma.org](http://www.lymphoma.org)
- National Alliance for Caregiving: [www.caregiving.org](http://www.caregiving.org)