

Pathfinder Series: Caregiving

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books and Audiovisual

Healing a Friend or Loved One's Grieving Heart After a Cancer Diagnosis: 100 Practical Ideas for Providing Compassion, Comfort, and Care / Alan Wolfelt.
Call number: 5.11.10 2014

This empathetic guide will help you be a compassionate cancer companion before, During, and after treatment. It will help you understand your friend's physical, emotional, social, cognitive, and spiritual needs, and give you tips and encouragement for reaching out and being a steadfast, loving presence.

100 Questions & Answers About Caring for Family or Friends with Cancer / Susannah L. Rose and Richard T. Hara. Call number: 5.10.8 2011

Answers to many of the common questions surrounding caring for a loved one with cancer are answered in this helpful, straightforward book. Topics include providing emotional support, communicating with healthcare professionals and care for the caregiver.

Support From a Distance / Cancer Support Community. Call number 5.10.18 2011

This booklet was written to help long-distance caregivers navigate the issues that arise from the point of diagnosis, through treatment, and right through to survivorship, or the possibility of bereavement.

American Cancer Society Complete Guide to Family Caregiving / edited by Julia A. Bucher, et al. Call number: 5.10.15 2011

This book addresses the wide range of issues a family caregiver might encounter such as coping with emotional responses, depression and anxiety, self-care and more. The authors use a problem-solving approach, helping caregivers understand specific problems and conditions, recognize what they can do to help and know when to seek professional help.

The Essential Hospital Handbook: How to be an Effective Partner in a Loved One's Care / Patrick Conlon. Call number: 5.10.16 2009

This valuable book is the first to assist the families and friends of adult patients to navigate the unfamiliar and intimidating territory of the hospital. It spells out how a family can form a partnership with medical providers to ensure the best patient care possible.

Partners in Healing: Simple Ways to Offer Support, Comfort, and Care to a Loved One Facing Illness / William Collinge. Call number: 5.10.14 2008

This book offers a new sense of empowerment for the intimate partners of people living with serious health problems. Topics include the importance of self-care for the caregiver, ways to involve family and friends in a network of support, massage and touch techniques to bring comfort, energy-healing techniques to promote well-being, and more.

Websites

Caregiving 101: Exploring the Complexities of Family Caregiving

http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2448

This presentation, hosted by the National Alliance for Caregiving, is available to download as either a webinar or PowerPoint. The goal is to provide participants with an overview of family caregiving and help them understand challenges and barriers faced by caregivers, emerging issues, caregiving resources, and more.

Caring Connections <http://www.caringinfo.org/>

Caring Connections provides people with information and support when they are planning ahead, caring for a loved one, living with an illness or grieving a loss.

Family Caregivers' Network Society <http://www.fcns-caregiving.org/>

The FCNS, based in Victoria British Columbia, is a not-for-profit society established in 1989 whose mission is to inform, support and educate on issues of concern to family caregivers. FCNS promotes the significance of the family caregiver's role and contribution in the healthcare system, and the website offers a wealth of information and resources for caregivers.

When Someone You Love is Being Treated for Cancer (downloadable booklet)

<http://www.cancer.gov/cancertopics/coping/when-someone-you-love-is-treated.pdf>

A helpful booklet from the National Cancer Institute that is particularly good for anyone just getting started down the path of caregiving for a loved one. Topics include adjusting to the role of caregiver, caring for yourself – mind, body and spirit – talking to the healthcare team, talking with family and friends and more.

Caregiving for Your Loved One (downloadable booklet)

http://media.cancercare.org/publications/original/1-ccc_caregiver.pdf

Cancer Care is a support organization for anyone affected by cancer and they have published this book to help caregivers manage their loved one's treatment, provide emotional support, find help when needed, and much more.

