



PUSH THE **PAUSE BUTTON**

Supports for Caregivers



**CANCER SUPPORT
COMMUNITY**
COMMUNITY IS STRONGER THAN CANCER



**GILDA'S
CLUB**

"There are only four kinds of people in the world: *those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.*"

Rosalynn Carter



Becoming a Caregiver

Cancer Support Community's
Cancer Experience Registry® found:

98% provided emotional support

96% went with their loved one to medical appointments

82% helped with decision-making

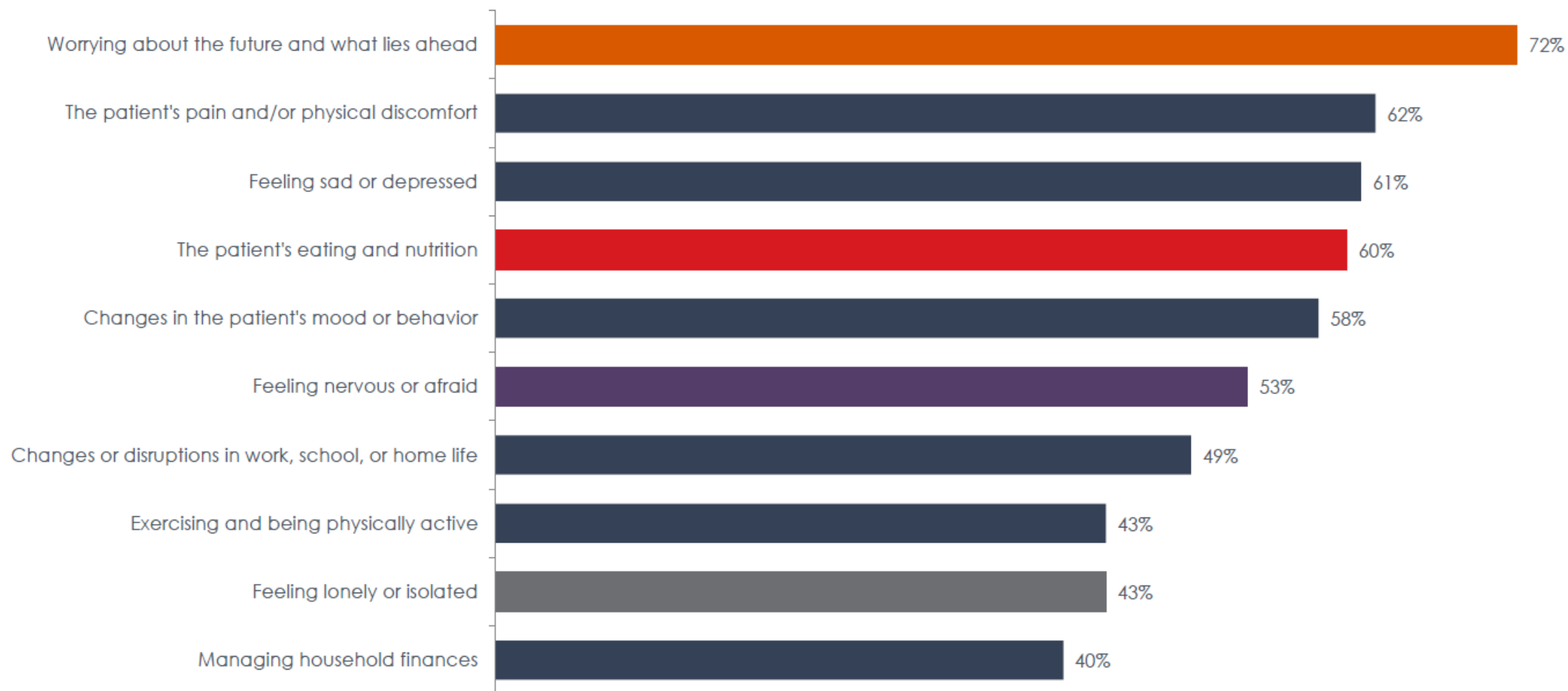
79% coordinated medical care

80% provided transportation

74% helped manage finances



Top 10 Concerns Q1 2025: Caregivers



PERCENT MODERATELY TO VERY SERIOUSLY CONCERNED

Sample sizes range from 178 - 184. Completed initial screen from January 1 - March 31, 2025.



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Role Changes



*Caregiving Encompasses a
Variety of Duties*

- Multi-Dimensional Job
- Time Consuming

What Caregivers Do



Physical | Practical | Emotional

- Patient-Health Care Team Liaison
- Coordinate Care
- Personal Shopper
- Give physical care
- Offer emotional support
- Provide Companionship
- Driver
- Housekeeper
- Order and pick up medications
- Handle practical and financial matters
- Insurance advocate
- Other duties as assigned

Caregiving Resistance



Understand and acknowledge:

- Loss of independence
- Loss of control
- Change and uncertainty

Caregiving Benefits



Sense of **Purpose and Pride**



Enjoyment of **Role**



Inspired **Advocate**

Caregiving & Work



Balancing Caregiving and Work

- 52% of caregivers are employed
- Inform your employer
- Know your legal rights
- Get help and support

Mental Health



DISTRESS

The **6th** VITAL SIGN

"If a caregiver experiences high levels of psychological distress, then likely so will the patient (ONS VOICE, 2019)"



Mental Health



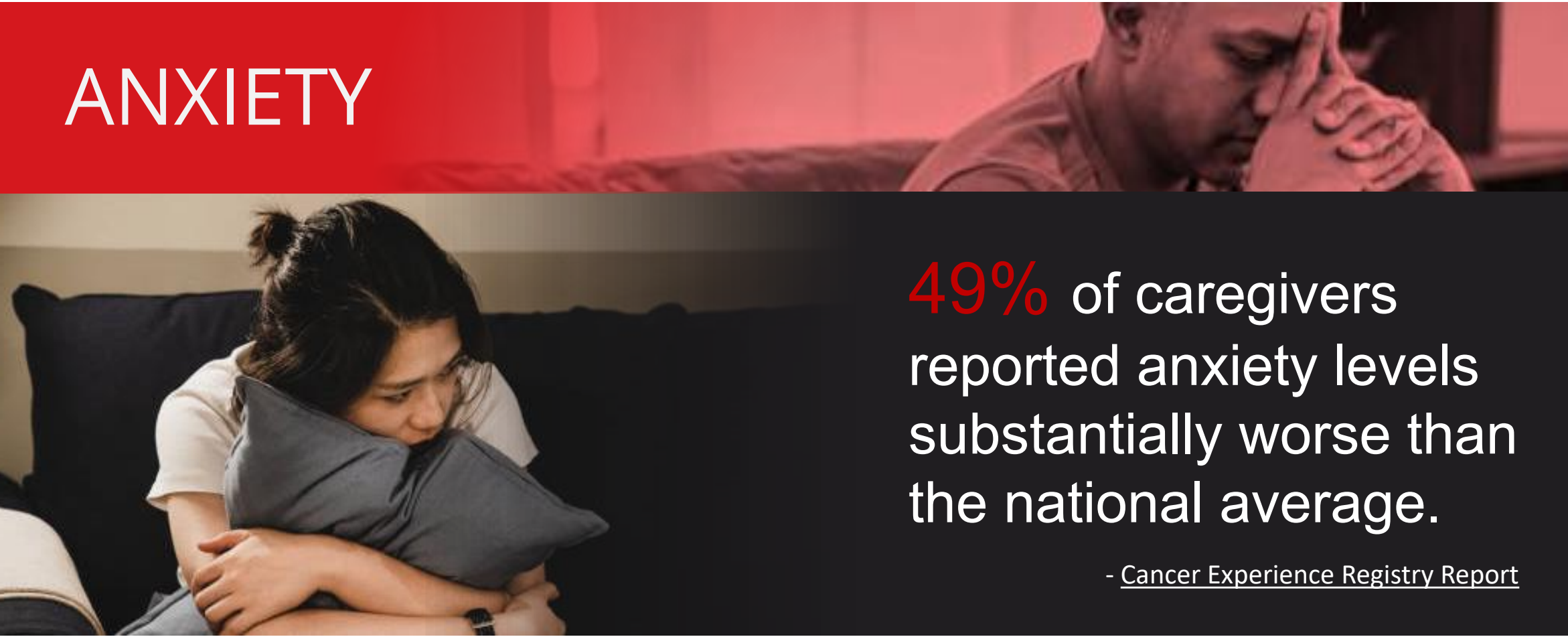
DISTRESS

CONSEQUENCES OF STRESS FOR CAREGIVERS
 Quality of Life Issues (Worries, Anxiety, Depression) Social Isolation Weight Sleep Issues



Mental Health

ANXIETY



49% of caregivers reported anxiety levels substantially worse than the national average.

- [Cancer Experience Registry Report](#)

Mental Health



DEPRESSION

34% of caregivers reported fatigue and depression levels that were substantially worse than national average.

- Cancer Experience Registry Report



Mental Health



DEPRESSION

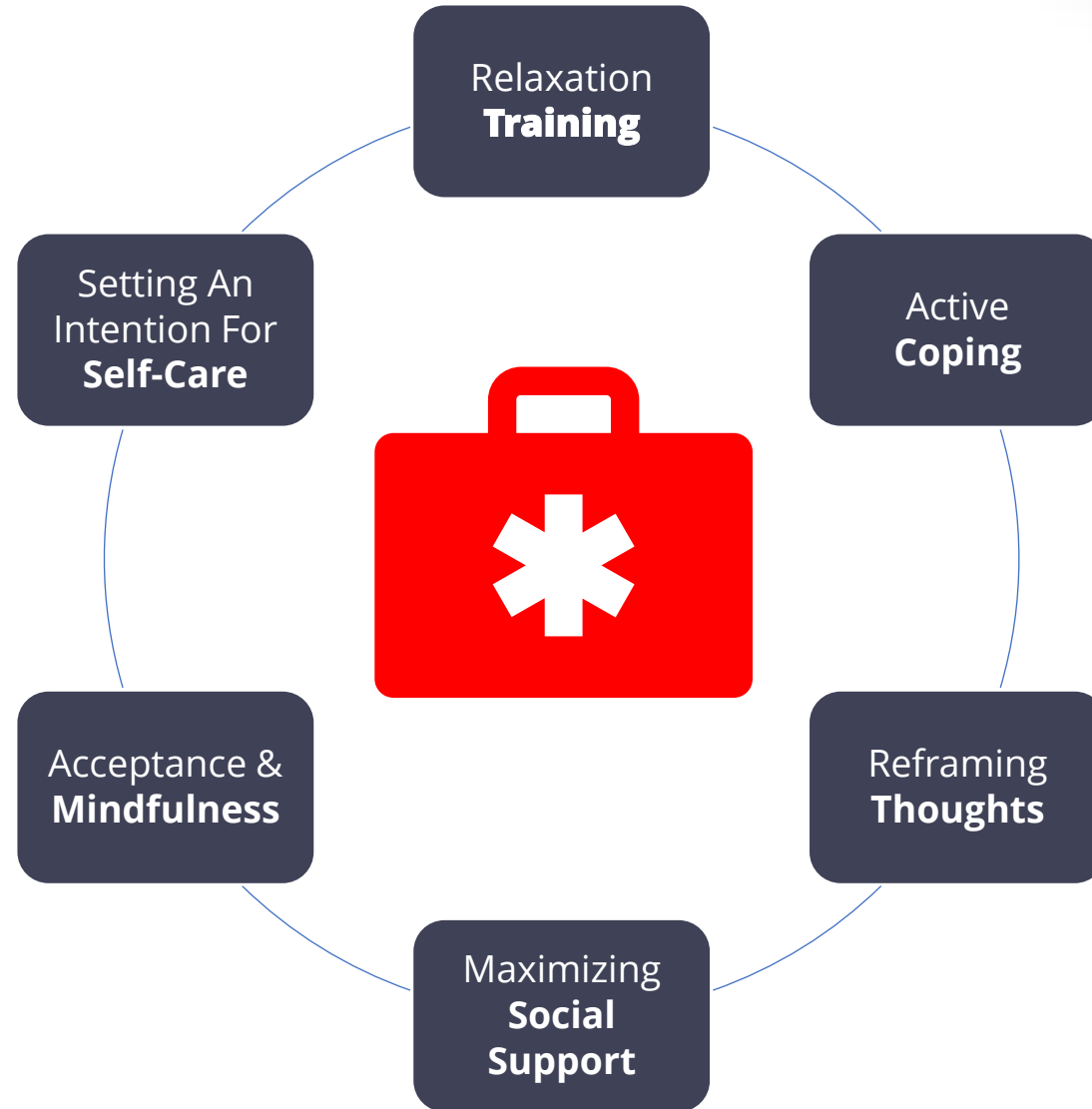
SEVERE WORRY AND SADNESS

Contact your health care provider for a referral to a **trained psychologist or licensed mental health counselor** if you notice:

- Your worry/sadness is getting in the way of doing the things you need and want to do
- You are worrying or sad most of the day for most days of the week



Emotional First Aid



Setting Intentions

1. What is something I used to like to do?

2. Can I incorporate it back into my life?

3. Do I need to do it differently? Be creative.

4. What might get in the way?

5. How will I overcome that obstacle?

6. Make a plan.

The 2 D's



depleters
and **DERAILERS**

A Little R&R



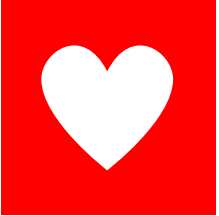
REFUEL



REPLENISH

Summary

Make plans for the future



Make changes that are important to you or your loved one



Start a new hobby



Keep moving ahead one step at a time

Set new goals and/or priorities



Spend more time with family/friends



Focus on what really matters



Complete a project (i.e. house project, scrapbook)

Reach Out



- Trusted Friend/Family
- Clergy Person
- Mental Health Professional
- Doctor
- Nurse
- Oncology Social Worker



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FRANKLY SPEAKING ABOUT CANCER

Caregivers

Caring for a Loved One

Family members, spouses, partners and friends who take on a caregiving role have a unique relationship to cancer. Caregivers see and experience firsthand how deep and wide cancer's emotional impact can be. They learn how quickly life can become complicated and constrained



by a cancer diagnosis. The reality of making a diagnosis and deciphering information. Yet, all too often, caregivers, are doing the orbit of cancer members may not be able to provide the care

Taking care of someone with cancer is a wide range of feelings from sadness or from even all in one day. Find information as possible in your and distress, get support to address your own needs

FRANKLY SPEAKING ABOUT CANCER

Helping Your Loved One Make Treatment Decisions

Companion to FRANKLY SPEAKING ABOUT CANCER: CAREGIVERS



Family members, spouses, partners, and friends who take on a caregiving role feel cancer's deep emotional impact. They learn how quickly life can become overwhelmed by a cancer diagnosis. Your days are suddenly filled with doctor's appointments, scans, lab work, and bills. Your family and friends all want to help, give advice, tell you their stories about people they know or something they read. Helping your loved one make treatment decisions may feel overwhelming. This

booklet has information to help you be an effective caregiver during this time. Additional information can be found in our *Frankly Speaking About Cancer: Caregivers* booklet. For information about reducing stress, finding support, and addressing your own needs, visit

www.CancerSupportCommunity.org/Caregivers



FRANKLY SPEAKING ABOUT CANCER

Support from a Distance

SPOTLIGHT SERIES



People who care about someone with cancer can become active participants in enhancing health and wellness for themselves and their loved ones

FRANKLY SPEAKING ABOUT CANCER

When a Woman You Care About has Breast Cancer

A CARE ACTIVE APPROACH



People who care about someone with cancer can become active participants in enhancing health and wellness for themselves and their loved ones and nurture their

FRANKLY SPEAKING ABOUT CANCER

De Cuidador a Cuidador

SPOTLIGHT SERIES



De Cuidador a Cuidador
Compartiendo nuestras experiencias durante el cuidado a mujeres con cáncer de seno



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GILDA'S CLUB



Gilda's Club KC

- Support Groups and Short-term Counseling
- Educational Workshops
- Healthy Lifestyle Programs
- Social Events
- Resources/ Referrals

- Virtual and in person options

- support@gildasclubkc.org or 816-531-5444
- www.gildasclubkc.org

Gilda's Club Kansas City uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.



Community Resources

- Sandwiched KC - <https://sandwichedkc.com/>
- Turning Point – <https://www.kansashealthsystem.com/health-resources/turning-point>
- VA - [https://www.caregiver.va.gov/support/Peer Support Mentoring Program.asp](https://www.caregiver.va.gov/support/Peer%20Support%20Mentoring%20Program.asp)
- Imerman Angels - <https://imermanangels.org/>
- Family Caregiver Alliance - <https://www.caregiver.org/>
- Cancer Support Community: <https://www.cancersupportcommunity.org/caregivers>
- Caregiver Action Network - <https://www.caregiveraction.org/>
- Triage Health - <https://triagehealth.org/>
- The Balance and Healing Network - <https://balanceandhealing.org/>



Mindfulness Resources

Midwest Alliance for Mindfulness (continuing education, retreats, classes)

mindfulness-alliance.org

Finch App

Headspace App

Calm App

MINDBODY App

Insight Timer App

Smiling Mind App (tailored to different ages, kids)

Stop, Breathe & Think App



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**GILDA'S
CLUB
KANSAS CITY**

An Affiliate of the
CANCER SUPPORT COMMUNITY

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Q & A