Caregiver Support - Patient Resource Assistance (PRA)

The purpose of this PRA is to help cancer patients and their family finds reliable sources of cancer information, including the area of emotional support.

This list is not meant to be comprehensive, but rather to provide a quick reference of available resources at Beaumont and in the community. Call the Rose Cancer Resource Center at 248-551-1339 for additional information.

Beaumont Cancer Resource Centers

The Centers provide patients and their family education, guidance and support to help optimize their cancer treatment and survivorship. Oncology nurse navigators, lending library, brochures and resource center assistance is available. Contact the Rose Cancer Resource Center at 248-551-1339 or Wilson Cancer Resource Center at 248-964-3430.

*Notice*

This material is intended to provide general information to you. Some material may contain information that is the opinion of the author and not necessarily that of your physician. This material also does not represent all that is available on the subject and may not apply specifically to your condition. This material should be used to formulate questions for discussion with your physician or other health care professional.

**Material available at the Rose Cancer Resource Center**

**Booklets**

American Cancer Society
Caring for the patient with cancer at home

National Cancer Institute:
Caring for the caregiver
When someone you love has advanced cancer

**Books**

*For you*
If only I’d had this caregiving book (2006)
Being a caregiver in a home setting (2013)
100 questions and answers about caring for family or friends with cancer (2010)
Our journey, your journey: a practical guide for cancer patients and their caregivers (2012)

*Additional titles available at the Rose Cancer Resource Center*
NOTE:
- Call the Wilson Cancer Resource Center for resource information at 248-964-3430.
- For the Grosse Pointe area, request for booklets can be made to the Rose Cancer Center and items will be mailed. The hospital has partnered with the Grosse Pointe Library for books. For information call the Rose Cancer Center at 248-551-1339.

Support

Beaumont Health System Support/Resources (cont.)

Cancer Resource Centers
http://cancer.beaumont.edu/cancer-resource-centers
Rose Cancer Center (248) 551-1339
Wilson Cancer Center (248) 964-3430

Beaumont Health System
Health Library
http://healthlibrary.beaumont.edu/

I Can Cope
Beaumont Royal Oak (248) 551-5255
Beaumont Troy (248) 964-3430
Social workers help patients, family and friends find support to manage the day-to-day challenges of living with cancer.

Other Support Resources

Gilda’s Club
www.gildasclubdetroit.org
248-577-0800
3517 Rochester Road, Royal Oak, MI 48073,

- Couples with cancer
  Support when one partner has cancer (for both partners)
  Meetings 4th Wednesday of the month from 6:30 – 8:00 pm

- Parents of children with cancer
  For parents who have a child diagnosed with cancer.
  Meetings 3rd Thursday of the month from 6:30 – 8:00 pm

The Lake House
http://milakehouse.org/
26701 Little Mack Avenue, St. Clair Shores, MI
586-777-7761
Offers support, education and other resources. Call the office for details
Telephone Support

Cancer Care
http://www.cancercare.org/tagged/caregiving
- Caregiver and loved ones support group
- Pancreatic cancer caregiver support group

Imerman Angels
http://www.imermanangels.org
877-274-5529
1-on-1 cancer support for cancer fighters, survivors, and caregivers

Cancer Hope Network
1-800-552-4366
The program is available to all cancer patients, and will match you with a survivor of the same of similar type & stage of cancer. Services are available to caregivers as well as patients.

Other Support Resources

National Family Caregivers Association (NFCA)
www.nfcacares.org
www.thefamilycaregiver.org
10400 Connecticut Avenue, Suite 500, Kensington, MD 20895-3944
301-942-6430
800-896-3650
Educates, supports, and advocates for the more than 50 million Americans who care for loved ones with a chronic illness, disability, or frailty. NFCA reaches across the boundaries of diagnoses, relationships, and life stages to address the common needs and concerns of all family caregivers.

Family Caregiver Alliance
www.caregiver.org
180 Montgomery Street, Suite 1100, San Francisco, CA 94104
415-434-3388
800-445-8106
FCA seeks to improve the quality of life for caregivers through education, services, research, and advocacy. FCA's National Center on Caregiving offers information on current social, public policy and caregiving issues, and provides assistance in the development of public and private programs for caregivers.
The Caregiver Relief Fund
www.caregiverrelieffund.org
900 South Wabash Avenue, Suite 603, Chicago, IL 60605
A social venture committed to caring for caregivers. The program provides resources, assistance and a voice to over 50 million Americans who are currently caregivers to the chronically ill, aged and disabled.

Strength for Caring
www.strongforcaring.com
866-466-3458
The Johnson & Johnson Caregiver Initiative is a pioneer in the emerging field of family caregiver support and StrengthForCaring.com (SFC) is the cornerstone of this important program. SFC is a comprehensive website designed to provide family caregivers with a broad range of expert content and information, an emerging on-line community, daily inspiration, and much needed support.

4th Angel
www.4thangel.org
9500 Euclid Avenue R36, Cleveland, OH 44195
The 4th Angel Program is part of the Scott Hamilton CARES Initiative. This is a free, national service which provides a one-to-one supportive relationship (phone or email based) to cancer patients and their caregivers. The program has over 400 patient and caregiver mentors who are at least 6 months post treatment, and continues to train more mentors.

Caregivers4Cancer
Caregivers4cancer.com
P.O.Box 153448, Irving, Texas 75015
972-513-0668
Organization strives to educate and assure caregivers and oncology teams there are ways to ease the journey's relentless demands. Goal is to help caregivers emerge on the other end with less stress, more energy and a feeling of accomplishment that they did all they could for their loved ones.

Online Support
My Cancer Circle
http://mycancercircle.lotsahelpinghands.com/caregiving/home/
MyCancerCircle.net is an online tool created by Boehringer Ingelheim Pharmaceuticals in collaboration with CancerCare. The tool allows caregivers to coordinate volunteer activities such as cooking meals or transporting a loved one to appointments, and also provides a private space where members can offer words of support and encouragement. A free My Cancer Circle iPhone mobile app is now available in the App Store for download. Learn more about coordinating these efforts by viewing the My Cancer Circle Fact Sheet.
Help for Cancer Caregivers
http://www.helpforcancercaregivers.org/
Help for Cancer Caregivers provides education and resources to help caregivers cope with the stress of caring for a loved one. The tool walks you through a brief survey and then provides you with personalized information to help monitor and manage the health challenges you may face as a result of your responsibilities. This resource was developed collaboratively by Cancer Care, Michigan State University, Indiana University, Caregiver Action Network and Wellpoint.

Cancer Care
http://www.cancercare.org/tagged/caregiving
- Caregiver Support Group — Spouses/Partners
- Caregivers and Loved Ones Support Group
- Lung Cancer Caregiver Support Group
- Pancreatic Cancer Caregiver Support Group
- Young Adult Caregiver — Spouses/Partners Support Group
- Young Adult Caregiver Support Group

Cancer Care
http://www.cancercare.org/tagged/caregiving
Podcasts - For Any Cancer Diagnosis
- Stress management for caregivers: practical tips to cope
- Changing roles and responsibilities for caregivers
- Stress management for caregivers: taking care of yourself physically and emotionally
- For caregivers: coping with a loved one’s cancer during the holidays
- Survivors too: family, friends and loved ones - managing the fatigue of caregiving
- For caregivers: coping with holidays, special occasions and birthdays, throughout the year
- Survivors too: family, friends and loved ones
- For caregivers: coping with a loved one's cancer during the holidays
- Balancing your needs and your role as a caregiver

Podcast - For Breast Cancer
- Caregivers of women living with metastatic breast cancer

Podcast - For Multiple Myeloma
- Coping with the stress of caregiving when your loved one has Multiple Myeloma

Cancer.Net
http://www.cancer.net/search/site/caregiving
- Information and resources for caregivers.
Mobile “Apps”

Cancer .Net
http://www.cancer.net/multimedia/mobile-applications
Cancer.Net Mobile is a free app for iOS (iPhone, iPad) and Android and features:
- Guides on 120 types of cancer
- An interactive tool to keep track of questions to ask healthcare providers and record voice answers
- A place to save information about prescribed medications, including photos of labels and bottles (on camera-enabled devices)
- Symptom tracker to record the time & severity of symptoms & side effects
- Section featuring the latest videos, podcasts, & Cancer.Net Feature Articles
- Automatically updated content
- Optional passcode lock
- Optional iCloud backup for the questions, medications and symptoms

Dana-Farber Cancer Institute (Nutrition information)
Dana-Farber Cancer Institute created this free app to help you find recipes for staying healthy, getting you through treatment, and living and eating healthy for the rest of your life.

Communication websites for patients

Caring Bridge
www.caringbridge.org
Free, personal and private websites that connect people experiencing a significant health challenge to family & friends, making a health journey easier.

My Lifeline
http://www.mylifeline.org
MyLifeLine.org is a 501(c)(3) nonprofit organization that encourages cancer patients and caregivers to create free, customized websites. Our mission is to empower patients to build an online support community of family and friends to foster connection, inspiration, and healing.

CarePages
https://www.carepages.com/
CarePages websites are free patient blogs that connect friends and family during a health challenge.
Organizations/Websites

American Cancer Society  
http://www.cancer.org/index  
800-227-2345

National Cancer Institute (NCI)  
www.cancer.gov  
800-4-CANCER

Navigating Cancer  
www.navigatingcancer.com

Cancer Care  
http://www.cancercare.org/tagged/caregiving

National Center for Biotechnology Information (NCBI)  
http://www.ncbi.nlm.nih.gov/books/NBK65934/

ASCO – American Society of Clinical Oncology  
http://www.cancer.net/coping

National Coalition for Cancer Survivorship (NCCS)  
www.canceradvocacy.org  
888-650-9127

American College of Physicians – Home Care Guide  
www.acponline.org/fcgi/search

Medline Plus  
www.nlm.nih.gov/medlineplus  Search: Caregivers

AARP-American Association of Retired Persons  
www.aarp.org

Hospice Net  
www.hospicenet.org  
401 Bowling Ave  
Suite 51  
Nashville, TN 37205-5124

National Alliance for Caregiving  
www.caregiving.org  
4720 Montgomery Lane  
5th floor  
Bethesda, MD 20814