Caregiver Resources

Care partners play a vital role in the lives of people with cancer, and they need support too. Here are some ways to take care of yourself while you're caring for someone with cancer.

June 17, 2019 By Meave Gallagher

American Cancer Society

Start with the interactive guide to find which resources, support programs and services can best help you.

American Society of Clinical Oncology

The ASCO Answers guide to caregiving is available in English and Spanish and includes help for sharing responsibilities and being a care partner at home, in the hospital or long-distance.

CancerCare

Join an online support group. Those in the New York area can attend an in-person support group or community program. Care partners can also find video workshops and publications.

Cancer Experience Registry

This confidential program by the Cancer Support Community offers caregivers a place to share experiences, discuss issues and access free resources.

Cancer Support Community

CSC offers videos and written guides, some also in Spanish, about helping loved ones communicate with their medical team, as well as firsthand advice.

Caring.com

This site focuses on caring for seniors and offers guides to financial assistance, such as managing Medicare benefits and long-term care insurance, as well as tips on how caregivers can attend to their own needs.

CaringBridge

Set up a private journal to easily share news with your loved ones and request the support you need from your community. CaringBridge also has a library of resources for care providers.

Family Caregiver Alliance

Get information, training and classes in audio, video and print from the Learning Center; the Caregiver Connect program links you to online and in-person support groups as well as other local resources.

Help for Cancer Caregivers

Make a personal care guide with this project—created by Anthem, CancerCare, Caregiver Action Network, Indiana University and Michigan State University—to help you overcome immediate stress and longer-term issues.

Lotsa Helping Hands

Use this medical caregiving coordinating site to invite your community—neighbors, friends, family—to help with specific tasks and offer emotional support during times of need.

National Cancer Institute

NCI's database has information to help you take care of both yourself and someone with cancer. Get phone, chat or email responses to your queries from its Cancer Information Services.

National Caregivers Library

The library's articles, forms and guides to external resources are organized by category, which includes caregiving basics, emotional issues and medical care.

Next Step in Care

The United Hospital Fund created NSC to train and support family caregivers. Its resources focus on easing transitions between home and care facilities as well as on the support family caregivers need in any setting.

Cancer Health also has resources for support groups, financial assistance, breast cancer, clinical trials, and cancer survivors.

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