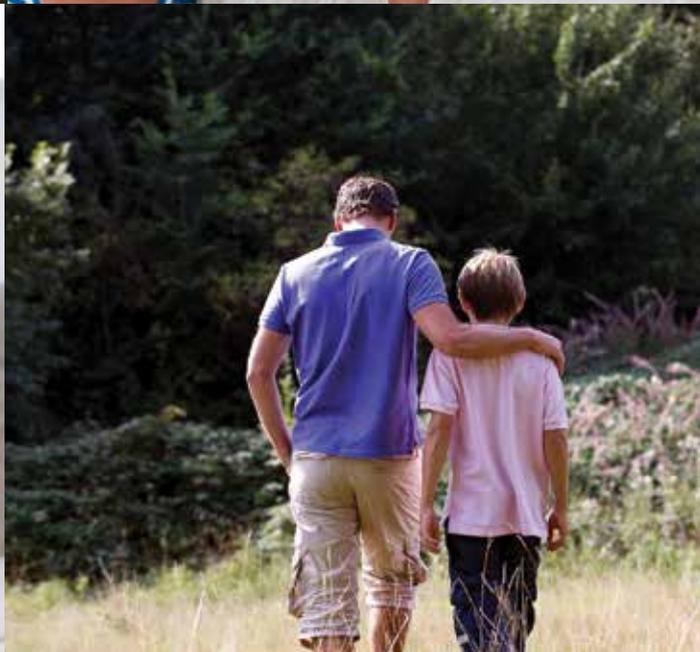
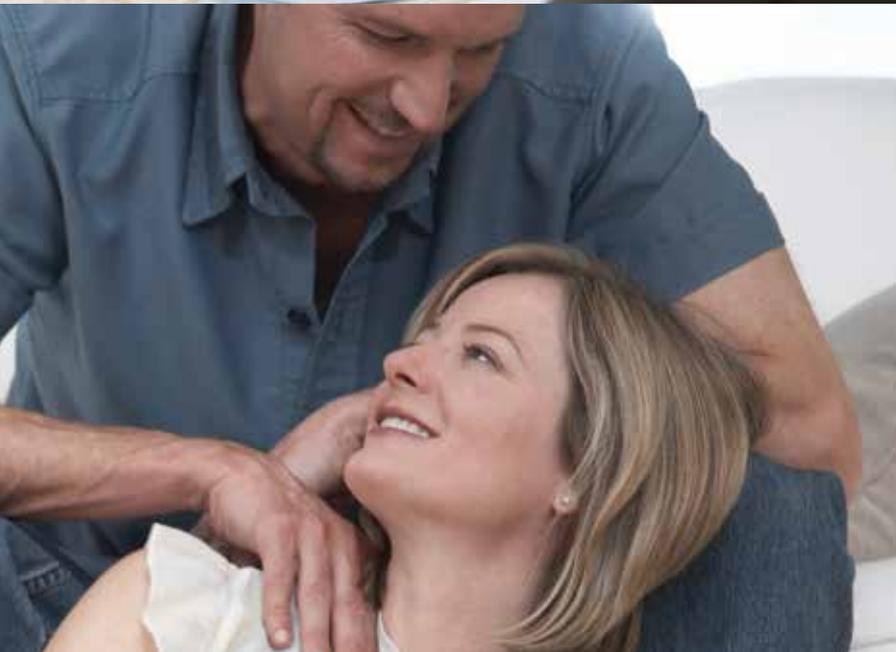


# Patient Caretaker Guide

RESOURCES TO HELP FAMILY, FRIENDS, AND OTHERS WHO GIVE CARE

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## CONTENTS

4	HEALTH CARE TEAM
6	LOGISTICS
8	MEDICATION & SYMPTOM TRACKERS
10	IDENTIFYING NEEDS
12	LEVELS OF CARE
14	ADVANCED CARE PLANNING
16	COMMUNICATION
20	BALANCING WORK
22	NUTRITION
24	COMPLEMENTARY PROVIDERS
28	RESOURCES
30	NOTES



Having a loved one diagnosed with cancer is often an overwhelming experience. For many, life is changed completely. For family and friends, this can also mean more responsibility is needed to help support your loved one. Caregivers are an essential part of the whole supportive team. Many people can feel thrown into a caregiver role and feel lost on how to navigate this complex new world.

This resource guide is designed to help family and friends navigate the complicated issues caregivers face. Within this guide you will find information on how to support a loved one and yourself, obtain a better understanding of the healthcare team and learn about other supportive resources. In addition, you will find helpful work sheets to keep track of vital details.

As always, your Compass team remains available for any questions or concerns.

# HEALTH CARE TEAM

All of our providers have personal webpages you can review here:

[compassoncology.com/locations-physicians](http://compassoncology.com/locations-physicians)

Many professionals are available to provide you quality care at Compass

## TEAM BASED CARE

From our decades of experience, we know that a collaborative, multi-disciplinary team approach leads to personalized care and the most appropriate treatment plan for your loved one. Listed below are some of the various team members you and your loved one may encounter during your treatments at Compass.

### PHYSICIAN

The physician will meet with you during your initial consultation, to review diagnostic studies, or if a change in treatment is indicated. There may be many different physicians involved in the treatment journey including:

#### *Medical Oncologist*

Manages a patient's care throughout the course of the disease. They oversee systemic treatment including chemotherapy, immunotherapy and targeted therapy.

Your medical oncologist:

#### *Radiation oncologist*

Specialized in using radiation to treat cancer

Your radiation oncologist:

\_\_\_\_\_

#### *Surgeon*

Removes tumor and/or nearby tissues to treat cancer; may also perform biopsies to help diagnose cancer

Your Surgeon:

\_\_\_\_\_

#### *Palliative care provider*

Experts in providing symptom management for serious illnesses

Your Palliative care provider:

\_\_\_\_\_



### ADVANCED PRACTICE PROVIDERS (APP)

This includes physician assistants and nurse practitioners who are medical providers. They provide care throughout the treatment course in close collaboration with your oncologist.

### NURSES

Trained in caring for those needing medical attention and have graduated from an accredited college and passed state licensure testing. Includes triage nurses, treatment room nurses, research nurses, radiation nurses, nurse navigators and oral treatment nurses.

### MEDICAL ASSISTANTS

A certified health professional that supports the work of the physician in a clinic setting. The Medical Assistant helps in taking vital signs, documenting medication changes, coordinating imaging studies or consults and administers some injections.

### SOCIAL WORKERS

Professional trained to talk with patients and their families about emotional or physical needs. Provide limited counseling within the clinic setting and assist with referrals to local and national resources.

### DIETITIANS

Professional trained in diet and nutrition. Evaluate patients' intake and meal patterns to identify nutritional gaps. Provide individualized recommendations to optimize health and wellness.

### PATIENT BENEFITS REPRESENTATIVES (PBR)

May provide information regarding insurance coverage, obtain insurance authorization for tests and medications administered in clinic and outlines options for financial assistance.

Other Compass team members include our front office staff, lab technicians, pharmacy admix technicians and schedulers.

# Logistics

As a caregiver, one thing you may assist with is keeping track of appointments and getting your loved one to and from the clinic. Here are some questions to think about prior to coming to appointments:

WHERE IS THE OFFICE LOCATED?  
WHAT FLOOR IS THE SUITE ON?

WHERE SHOULD YOU PARK? DO YOU HAVE TO PAY FOR PARKING?

HOW FAR WILL YOU NEED TO WALK? WILL YOUR LOVED ONE NEED A WHEELCHAIR?

## APPOINTMENT BAG

Each appointment may last a different amount of time ranging from 30 minutes to several hours. Treatment visits are usually longer

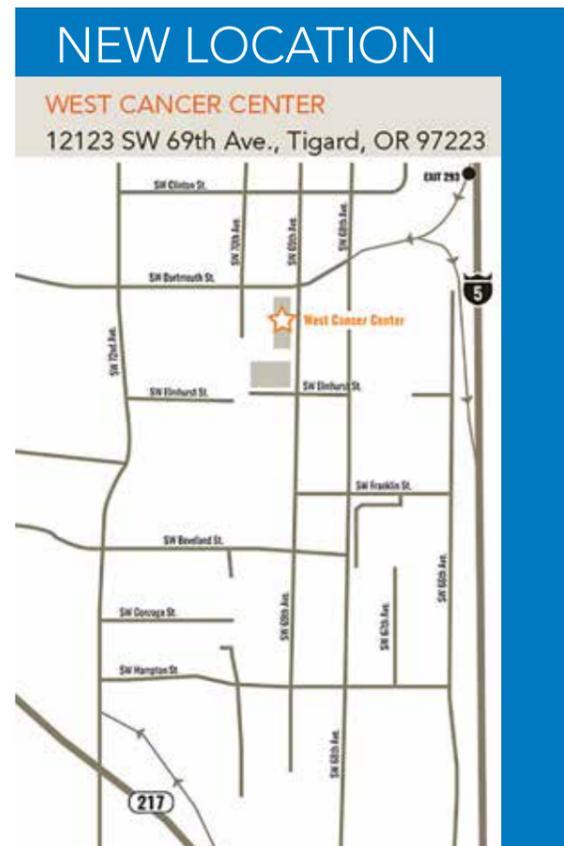
Here are some suggestions about what to bring along to your appointments at Compass.

- Office address and directions
- Medication list
- Insurance card
- ID card
- Healthy snack and bottled water
- Cellphone or tablet & headphones
- Sweaters, sweatshirt, wrap or blanket
- Book or magazine to provide entertainment
- Notebook or pen to record information

The West Cancer Center is an independent building.

Parking is available in the parking lot or parking structure. No parking fee. Access via 69th Avenue.

You may walk a short distance. Wheelchairs are available in the plaza if needed.



**EAST**  
5050 NE Hoyt St., Ste 256 Portland, OR 97213



**ROSE QUARTER CANCER CENTER**  
265 N Broadway Portland, OR 97227



**VANCOUVER**  
210 SE 136th Ave. Vancouver, WA 98684



Office is located on the second floor in suite 256 of the Providence Professional Plaza.

Park in the parking structure; valet parking is available. Wheelchairs are available in Providence Professional Plaza if needed.

You will need to walk a distance from the parking structure to the office. There are elevators in the parking structure and office building.

Cancer center is an independent building. Please enter through the main entrance.

Parking is available in front of the building and you do not need to pay. Please get a parking pass from the reception desk when you arrive.

You will not need to walk far. Wheelchairs are available in the clinic if needed.

Cancer center is an independent building.

Parking is available in the parking lot located in front of the clinic.

You will walk a short distance. Wheelchairs are available in building if needed.



# Identifying Needs

Organization of needs as well as delegating support can be difficult and overwhelming. The following chart can help to organize what care needs your loved one has and what resources are available for help.

## TIPS ON ASKING FOR HELP

- Be specific about what you need.
- Describe how they can help.
- Explain how this will help you.

Activity	Able To Do Alone	Needs Some Help	Needs A Lot of Help	Who Can Help
Bathing				
Dressing				
Grooming				
Using the bathroom				
Getting out of bed				
Taking medications				
Shopping for food, etc.				
Doing Housework				
Doing Laundry				
Cooking meals				
Driving to and from appts.				
Doing yardwork				
Paying bills				
Child care/pet care				
Other:				

Ask your Compass team for resources if you are struggling to find help with any needs.



# Levels of Care

There are multiple options for providing caregiving to your loved one, which will also have varied costs.

## Caregiving in your home

There are many care agencies that can be hired for as little as 4 hours to as much as 24 hours of care daily. Confirm that the agency is licensed, bonded, and insured. It is helpful to share with the agency the ideal caregiver your loved one will prefer, such as if they would like someone who is quiet or talkative, their presentation and potential interests, and their experience with the needs for care of your loved one.

## Assisted Living Facility

There are many assisted living facilities in the community ranging in presentation from simple to opulent. Your loved one can decide on a studio, one-bedroom, or two-bedroom suite, which vary in cost. Meals and some care assistance generally every two hours is available, but there can be additional costs should your loved one not be able to have their meal in the dining room or need additional care. Some also offer limited transportation and outings.

## HELPFUL TIPS

- Use eldercare locator website
- Check on long term care policy
- How much can your loved one afford
- Check Medicaid eligibility
- Check insurance policy regarding skilled care
- Check long-term care policy

## Adult Care Home

There are adult care homes in the community neighborhoods that offer your loved one their own bedroom and sometimes their own bathroom along with round the clock care. Many offer home cooked meals and can meet the individual needs of your loved one.

## Nursing Care Home

Facility offering individual room or a shared room in which all of your loved one's care needs are met around the clock, which can be especially needed if there are night time needs.

## Memory Care Facility

Facility offering a secure setting with your loved one either sharing or having their own room. Activities and assistance with daily living skills is provided.

## Skilled Nursing Care after a hospitalization for rehabilitation

Eligible patient's after a hospitalization receive rehabilitation with strength and function in a nursing home facility. Care is provided by nursing and certified nursing assistance, along with physical, occupational and speech therapy. Social services support for planning of care after discharge from the facility is also available.

## Home Health

Support care services for your loved one who is eligible in their home as they are unable to get to community services. Services can include nursing, certified nursing assistant, social work, physical, occupational, and/or speech therapy. An evaluation for in home modifications for support and safety of function is also available.

## Hospice Care

Support care services for your loved one who is eligible with a medical prognosis and referral from their physician with an estimated diagnosis of six months of living with a terminal condition and not seeking treatments. Focus is on quality of life and connection with the important people in your loved one's life. Support services include nursing for symptom management, certified nursing assistant to offer bathing support, chaplain for spiritual support, and social work for psychosocial and counseling support, as well as assisting with practical support resources in the community.

Home: Services are provided in the setting where your loved one resides, which include home, family's home, or a facility such as an adult care home, memory care, assisted living, or nursing home.

Facility: Specialized facility that offers hospice care or symptom management for hospice patients.

# Advanced Care Planning

ACP is a part of good health care for all

## WHY IS ADVANCE CARE PLANNING (ACP) IMPORTANT?

As health changes with age and over the course of an illness, ACP conversations ensure that the oncology team understands and honors your loved one's choices for healthcare.

## GETTING STARTED

First, start the conversation with your loved one and others who care for them.

Explore personal and family goals, values, and experiences.

Encourage your loved one to think about their choice of a healthcare representative. This is someone who would make medical decisions for them if they could not make them themselves.

- Someone who knows you well.
- Understands your goals
- Is respectful of your point of view.
- Will ask questions of the healthcare team.
- Is readily available.

## NEXT STEPS

Talk to your loved one's doctor

Ask about what to expect from their illness (and treatment!).

Discuss goals and values.

Bring support team if it's helpful.

Review goals periodically, especially as an illness progresses.

## IMPORTANT DOCUMENTS

### *Advance Directives*

Designates a health care representative if your loved one becomes unable to make decisions for themselves and establishes what medical interventions are desired in specific advanced/acute illness situations

All adults 18+ (regardless of illness) should have one.

There is no need for a lawyer or a notary.

The medical team will be able to help if questions arise.

Upon completion, share a copy with the healthcare representative, and medical providers.



## MORE IMPORTANT DOCUMENTS

### *POLST*

Physician order for life-sustaining treatment (NP/PA may also sign); ensures that desired medical interventions in specific critical situations are followed.

Important for those with advanced illness and for the frail elderly.

In Oregon, linked to the Emergency Medical System through the POLST.

## REGISTRY RESOURCES

*Helpful for having conversations with loved ones*

[theconversationproject.org](http://theconversationproject.org)

*Info on advance directive*

[cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters/advance-directives.htmls](http://cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters/advance-directives.htmls)

*Info on POLST forms*

[polst.org](http://polst.org)

# Communication

How to talk to family, providers, and children

## COMMUNICATION WITH PROVIDERS

It is important that you experience clear and responsive communication with the physicians and health care team caring for your loved one. Considering your questions and communication style prior to meeting with a provider can empower you to best advocate for your family member.

- Make a list of questions for your doctor prior to your appointments.
- Bring a family member/another caregiver with you to appointments, ask them to take notes.
- Inform providers of your preferred communication style (verbal, written, level of details, etc.).

## COMMUNICATION WITH FAMILY MEMBERS AND YOUR COMMUNITY

While family and community can certainly be supportive and caring, it can also be exhausting to keep up with their questions and concerns. Below are suggested communication formats and forums that can reduce the burden of repeating details to multiple family members/community members.

- Create an email list of family/friends and send regular updates (i.e. weekly, e/o week, monthly) .
- Create a Caring Bridge site to broadly communicate.
- Start your own blog.



## CARING VILLAGE

This app lets you store important documents in one place, create a care team, and coordinate help with food, errands, transportation, etc., as well as keep track of medications. There's also a wellness journal, secure in-app messaging and preparedness checklists.

## LOTSA HELPING HANDS

Create a community of care around your loved one. Invite family, friends, volunteers and care aides to help manage everything from appointments to errands and family gatherings. There's a section for people to leave encouraging messages for you or your loved one.

## CARING BRIDGE

This website is a place to share your loved ones health journey with the people who care about you and your loved one. It also has a place to organize support and help from family and friends. [www.caringbridge.org](http://www.caringbridge.org)

- Designate a "point person" (family member or close friend) who you can update regularly and then ask your family/friends to communicate directly with this point person for updates.
- Set boundaries. It is okay to make requests of family/friends in terms of how you want to communicate (i.e. calls, texts, email, in-person visits) and it's okay to set limits regarding frequency of communication.
- Ask for help! Adults and children alike often look for ways to help their loved one, so it's good to ask for help, and be specific in your requests, e.g. asking for help w/ meal planning, walking the dog, etc. Be mindful, however, of not putting too many extra responsibilities on children and teens, so they do not step into the role of caregiver.

# Communication

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“It can be helpful for children, family (and you too!) to get support outside of the immediate family.”

## COMMUNICATION WITH CHILDREN OR GRANDCHILDREN

Most children are perceptive and aware when a parent/grandparent is not feeling well. We encourage parents/grandparents to inform the children in their lives about the cancer diagnosis, using concrete straightforward language and minimal medical detail/jargon. Use the word cancer. Communication style and the level of detail/abstract discussion should be based on the child's developmental stage. Ask your clinic social worker for additional information about communicating with kids.

### Tips for Supporting Children & Family When a Loved One is Diagnosed with Cancer

- Be as open and honest with what your loved one is experiencing as feels comfortable to you; Children in particular pick up on tension and stress in their parents no matter how well one tries to hide it. Ignoring the topic can cause further fear and confusion.
- Reassure children that cancer is not their fault, nor is it contagious —children can sometimes have “magical thinking” and believe they did something to cause their parent to be diagnosed.
- It's okay to cry in front of your family, even your kids — this models for them that it's okay for them to show their emotions to you and seek support from each other.
- You don't have to say a lot, particularly if the child or family member isn't a big talker — no one has the perfect words. Sometimes just being physically present is comfort enough.

Provide updates to your immediate family/children and give them the opportunity to ask questions — even if there isn't much to update them on, this can help them to feel



## RESOURCES FOR CHILDREN

### CANCER SUPPORT COMMUNITY (CSC)

888-793-9355 | [cancersupportcommunity.org](http://cancersupportcommunity.org)

The Cancer Support Community is an international non-profit dedicated to providing support, education, and hope to people affected by cancer. They provide a guide book for communicating with children.

### CAMP KESEM

260-225-3736 | [campkesem.org/oregon](http://campkesem.org/oregon)

Camp Kesem is a network of summer camps and community groups for kids with a parent who has (or has had) cancer. The one-week sleepaway camps are a chance for kids ages 6-16 to have a fun-filled week, surrounded by other children who can understand their unique feelings, fears, and concerns. There are over 60 camps across the country, including several in Oregon.

### THE DOUGY CENTER PATHWAYS PROGRAM

503-775-5683 | [dougycancer.org](http://dougycancer.org)

Support groups for children, teens, adult caregivers and adults with advanced serious illness. The program is free of charge.

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reassured that big news is not being kept from them. Any questions from children are okay, even if you don't have an answer in that moment.

- It can be helpful for children, family (and you too!) to get support outside of the immediate family — this can be a friend, teacher, counselor, support group, etc. We recommend informing children's school counselors and teachers about parent/grandparent cancer diagnosis.
- It is important to also remind and reassure children about all the adults other than parents/grandparents in their lives who love and support them and help care for them.
- Preserving family routines and schedules as much as you are able (while understanding that some of this will inevitably be impacted by treatment schedule and/or symptoms that may arise) helps with children's coping.

# Balancing Work



As the population ages, more families are providing care for ill family members. Women, who have traditionally been the caregivers for children and elderly, are in the workforce and less available to provide full-time care. More men assume caregiving responsibilities. Millions of working adults juggle the competing demands of caring for a sick relative, raising a family and managing a career.

## IF YOU TRY TO WORK WHILE CAREGIVING

Cutting back work hours to care for a sick relative can cause challenges with lost income, conflicting schedules, and burnout. If you need to keep working, check in with your benefits department for options on flexibility in work hours (part-time schedule, taking certain days off or work split shifts). The ADA (Americans with Disabilities Act) prohibit employers from discriminating against caregiving employees.

The highest need times for care typically are at diagnosis, during active treatment and near the end of life. If you need to continue working full time, you may need to ask friends or other family members to check in on your loved one or you may need to hire a caregiver. Consider what type of care is needed. Ask friends and neighbors about their experiences with local services they have used and care providers for hire or use the Eldercare locator website.

Some employers also offer Employee Assistance Programs.

## IF YOU TAKE TIME OFF

At times, caregiving becomes a full-time job and it makes sense to take time off work completely. The Family and Medical Leave Act (FMLA) is a law that provides

employees in businesses with 50 or more employees a job-protected, unpaid leave and health insurance for up to 12 weeks per year to take care of a seriously ill close family member. In addition, the Oregon's Family Medical Leave law and Washington's Family Care Act entitles workers to use any of their paid sick leave or vacation/time off that they have from their employer to care for a sick family member.

If you need to quit working, it is very important to look for some type of health coverage:

- Consolidated Omnibus Budget Reconciliation Act (COBRA) allows you to keep group health benefits for a limited period.
- The state-run Family Caregiver Support Program helps with services and resources for older Americans.
- Community First Choice Medicaid programs allows family members and friends to receive payment for providing personal care to their loved ones.

Educate yourself on public resources through the Family Caregiver Alliance's website. A social worker or case manager can assist you with a list of resources.

## LEGAL RESOURCES

When your loved one becomes impaired, you may face new legal and financial issues. These include managing finances, making health care decisions, and planning for long term care. An attorney can help you plan for the financial aspects of estate planning as well as prepare legal documents, such as Durable Power of Attorney (DPA) and a Durable Power of Attorney for Health Care and Advance Health Care Directive (Living Will). These documents enable your loved one to designate another person to manage his or her finances and healthcare decisions. It is important to raise these issues with your family member while he/she is still able to make choices so the rest of the family knows and respects their wishes. The legal authority to make those decisions begins only when and if the person becomes incapable of doing so on their own.

## MORE RESOURCES

Family Caregiver Alliance's online Family Care Navigator offers information on public resources for every state: <https://www.caregiver.org>

US Government benefits: <https://www.benefits.gov/categories>

Oregon long-term care facilities: <https://www.ohca.com/>

Washington care services: <https://washingtoncommunitylivingconnections.org>

Cancer Legal Resource Center: [cancerlegalresources.org](https://cancerlegalresources.org)

[CancerAndCareers.org](https://cancerandcareers.org)

For additional resources visit: [www.compassonology.com/caretakers](https://www.compassonology.com/caretakers)

# Nutrition

“

Your loved one may be experiencing side effects from their cancer, or treatment, that impacts their ability to eat and drink normally.”

As a caregiver, it is crucial to take care of yourself first and one important way to do this is through proper nutrition. Keeping yourself well hydrated and well nourished will help you feel your best and enable you to care for your loved one. Aim for approximately 8 cups of caffeine-free fluids daily to stay hydrated. Follow a balanced eating pattern with regular meals and snacks throughout the day with the following foods:

- Protein foods including legumes.
- Fiber containing starches and starchy vegetables
- Fruits
- Vegetables
- Plant sources of fat from a variety of nuts, seeds, nut butters, avocado and plant-based oils.

Pair meals and snacks with protein, fat and fiber to keep your blood sugar levels stable. This prevents feelings of fatigue that are commonly caused by imbalanced meals with lots of simple carbohydrates.

If your loved one is feeling well overall with limited side effects, following a balanced eating pattern as outlined above will be most beneficial. Your loved one may be experiencing side effects from their cancer, or treatment, that impacts their ability to eat and drink normally. Depending on the side effect, modifications will be recommended by the patient's oncology registered dietitian (RD) and treatment team.

## EAT FOR HEALTH

### PROTEIN

Meat, fish, poultry, eggs, tofu, tempeh, soy milk, milk, cottage cheese, cheese, yogurt, beans, peas, lentils, nuts and seeds.

### FIBER CONTAINING STARCHES

Whole grains (wheat, rice, maize (corn), barley, oats, rye, triticale, millet, bulgur, and sorghum) and, starchy vegetables such as peas, potatoes (with the skin), sweet potatoes and winter squash.

### FATS

All nuts and seeds, nut butters, avocado, olives and plant-based oils like olive oil and avocado oil.



Your loved one may not feel like eating at all. Continually offering food and liquids that sound good to the individual can be quite helpful. Additionally, liquid based nutrition like bottled nutrition shakes, milkshakes, smoothies or pureed soups may be well accepted by the individual if they feel like drinking, but not eating. This will help provide a significant amount of calories, protein and fluid.

Ask your oncology RD or social worker about meal delivery resources in your area. This can be a convenient and nutritious option for pre-prepared meals if you have limited time and energy to cook.

Ask your provider for a referral to a RD that is board certified specialist in oncology nutrition (CSO) if available. A registered dietitian (RD) will help your family and loved one formulate the best plan to keep the individual well-nourished before, during and after cancer treatment. The RD will conduct a full nutrition assessment considering individual food preferences, the treatment plan and any side effects the patient may be experiencing before making recommendations.

# Complementary & Alternative Medicine

Many patients have an interest in pursuing non-conventional treatments for cancer and supportive care, however it can be difficult to know what to look for and who to trust. Types of complementary or alternative therapies can include:

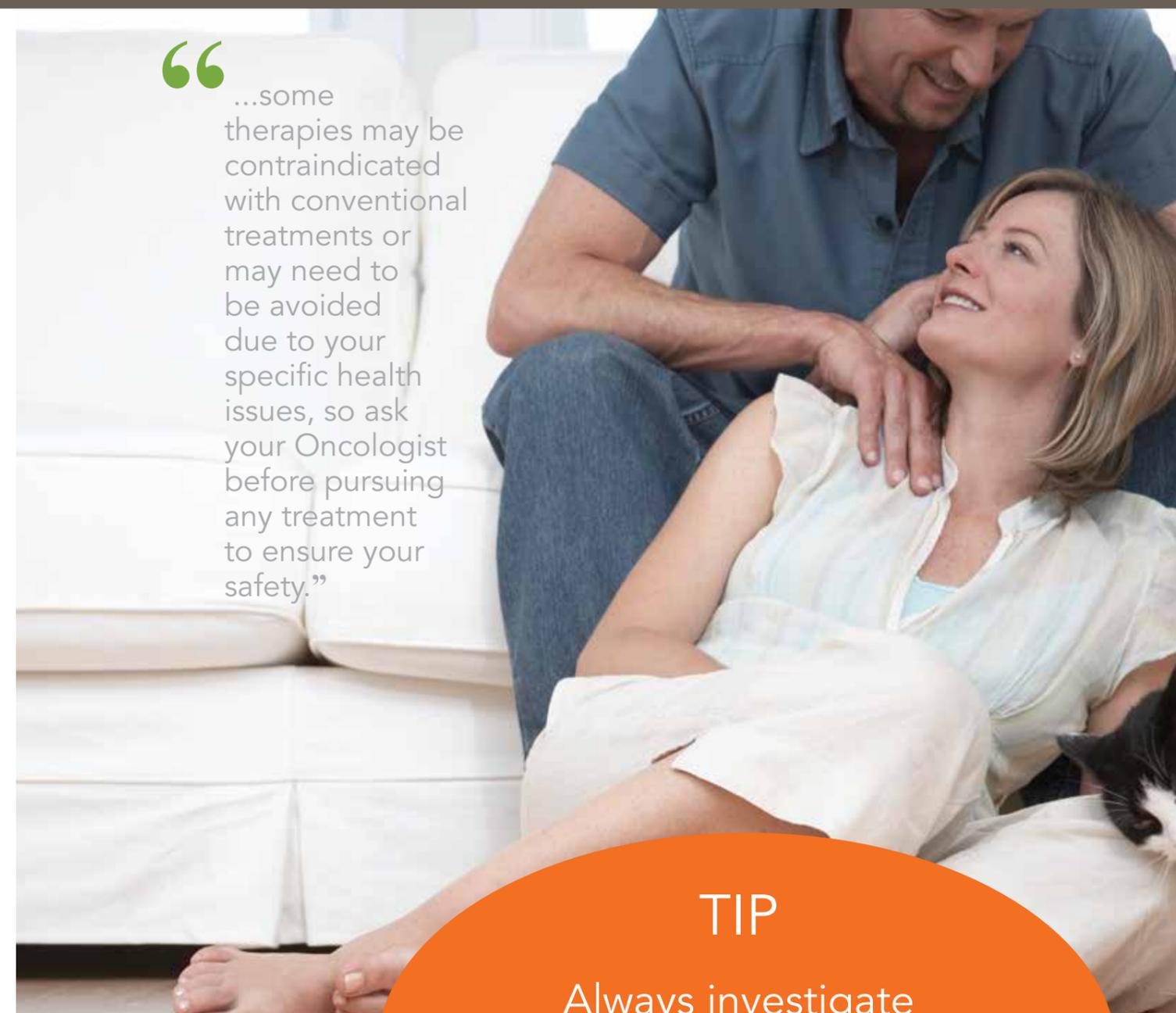
- Supplements (vitamins, herbs, minerals, probiotics)
- Acupuncture
- Naturopathic care
- Functional medicine
- Chinese medicine
- Massage, etc.

The types of non-conventional therapies available can be either complementary (used with conventional medicine) or alternative (used in place of conventional medicine).

Ask your Compass provider about who they would recommend in the community.

Be sure to tell each of your loved one's providers who else is involved in their healthcare.

Some medications and supplements can interact with each other, making it vitally important to have a full, updated medication list (including supplements) that is provided to any practitioner involved in your loved one's care at every visit. In addition, some therapies may be contraindicated with conventional treatments or may need to be avoided due to your loved one's specific health issues, so ask the oncologist before pursuing any treatment to ensure their safety.



“...some therapies may be contraindicated with conventional treatments or may need to be avoided due to your specific health issues, so ask your Oncologist before pursuing any treatment to ensure your safety.”

## TIP

Always investigate a potential practitioner's education, training, and licensing.

For additional information:  
<https://nccih.nih.gov/health/integrative-health#hed1>

YOU ARE IMPORTANT  
Self Care

Caregiving is such a selfless, loving task. It is also often emotionally, mentally, and physically depleting. Recognizing signs of needing a break or needing to adjust the workload include:

- Being forgetful
- Losing sleep
- Irritability

When you build your plan for caring for someone, it is essential to consider what basic necessities you need in order to fill your own pitcher as you will be pouring so much into a loved one's cup.

### THINGS TO CONSIDER DEEPLY

- How much time and energy do you need just to keep your own life going?
- What is something you do to unwind or strengthen yourself or recharge that, if you didn't do it, caregiving wouldn't be sustainable for you for more than a very short amount of time?
  - Do you fear putting this out there for fear of sounding selfish? Don't be afraid. Your loved one wouldn't want you to sacrifice what you need in order to be able to continue working as a team with you to get through this difficult time.
- Thinking about these basics will help create a frame for your caregiving plan. It will enable a caregiver to see what they and their loved one can do and in what areas they may need to consider seeking and accepting help.
- Make a list of ways that others could help you. For example, a neighbor could pick up a few groceries for you. A relative could fill out some paperwork for you. Breaking down the work into very simple tasks, makes it easier for people to help. People do want to pitch in.
- Friends, family, community resources and professionals can help. Avoid waiting until you're completely exhausted to ask for help.

### IDEAS FOR SELF-CARE

- Exercise
- Making time for your own medical, dental, or other care appts
- Sleep/ Naps
- Make time to plan and prepare some healthier meals for yourself
- Acupuncture
- Meal or beverage out with friends
- Yoga
- Meditation
- Religious or spiritual practices
- Any hobby

### Caregiver wellbeing APPs and websites

WebMD  
Health and wellness info  
Headspace  
Meditation  
Guided meditation, guided walks  
Calm  
Meditation and sleep stories  
Simple Habit  
Meditation  
Yummly  
Find healthier recipes or plan better-for-you meals and snacks  
Find What Feels Good  
Yoga  
Yoga Poses  
Basic to advanced  
Weight Watchers  
Weight loss and wellness  
Nike Training Club  
Ultimate personal trainer  
MyFitnessPal  
Calorie counter and diet plan



Help for you at every turn

# Resources

See additional resources at:  
[www.compassoncology.com/caregivers](http://www.compassoncology.com/caregivers)

## APPS

### ORGANIZING / MONITORING

**CareZone:** A “health info organizer,” CareZone helps caregivers keep track of medical information by organizing medication, allergies, insurance cards and ID cards all in one place. Through the app, caregivers can also create to-do lists to keep track of appointments and medication times. The app also curates news relevant to your loved one’s illness, disability or condition.

**LivingWith:** build a circle of support, organize help for daily tasks, share how you’re feeling, keep important information from MD visits, write down questions, organize test results, labs and medications in one spot.

**Cancer.net App:** track symptoms, medications and note questions for your healthcare team and access information from cancer.net regarding different cancer diagnosis and treatments.

### CAREGIVER SUPPORT

**211info** – resources for health and social services in Oregon/Southwest Washington

**Alzheimer’s Caregiver Buddy:** Support for caregivers with daily routine, communication, behaviors, how to deal with wandering, bathing, and meals.

**First Aid by American Red Cross-** First aid and CPR

iTunes: Caregiving podcast network

iTunes: caregiver SOS

iTunes: Happy, healthy caregiver

### TO HIRE A CAREGIVER

Care.com Helps you find temporary, qualified care for your loved ones — including caregivers specializing in the needs of people with disabilities and aging populations

## BOOKS

**The Caregiver Helpbook** by Marilyn Cleland and Vicki Schmall, 2013- ISBN-13: 978-0615856100

**Who Says Men Don’t Care?** Gambone, James, PhD, Rhonda Travland, MS, 2011

**Passages in Caregiving** by Sheehy, Gail, Harper Collins, 2010

**Start with gratitude: Daily gratitude journal**, 2018  
Brochures:

**American Cancer Society Caregiver Resource Guide:** <https://www.cancer.org/treatment/caregivers/caregiver-resource-guide.html>

**ASCO Answers Caregiving:** [https://www.cancer.net/sites/cancer.net/files/asco\\_answers\\_guide\\_caregiving.pdf](https://www.cancer.net/sites/cancer.net/files/asco_answers_guide_caregiving.pdf)

**City of Hope Communication Guide for Caregivers:** <https://clinicalcc.files.wordpress.com/2015/06/download.pdf>

## WEBSITES

**Tools for caregivers:** <http://www.powerfultoolsforcaregivers.org/>

**Family Caregiver Alliance:** <https://www.caregiver.org>

**AARP:** <https://www.aarp.org/caregiving/>

**Eldercare locator:** <https://eldercare.acl.gov>

**National Alliance for Caregiving:** <https://www.caregiving.org/>

**National Family Caregiver Support Program:** <https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program>

**Caregiver Action Network:** <https://caregiveraction.org/>

**Family Caregiver Council:** <http://familycaregivercouncil.com/>

**ARCH National Respite Network:** <https://archrespite.org/>

**Online caregiving community:** <https://www.caregivers.com/>

**WA State DSHS Caregiver resources:** <https://www.dshs.wa.gov/altsa/home-and-community-services/caregiver-resources>

**Caregiver support in Oregon:** <https://adrcforegon.org/consite/explore-caregiver-supports.php>

**Well spouse association:** <https://wellspouse.org>

**This is Living With Cancer:** <https://www.thisislivingwithcancer.com/>



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