

Caring for Your Loved One During Treatment

At KabiCare, we recognize the important role that you play as a caregiver, and we're committed to supporting you and your loved one through their journey with cancer.

Your role in providing emotional, practical and physical support is vital.¹ You may feel overwhelmed as you begin taking on additional responsibilities, which can be stressful and may limit your time for self-care. Remember, you are not alone. You are part of a bigger team that includes doctors, nurses, patient care coordinators and other caregivers.

Behind every patient is a committed caregiver.

The value of unpaid time spent on caregiving is estimated to exceed

\$470 billion 
annually in the United States.¹²

Between 2.8 million to 6.1 million U.S. adults provide care for patients with cancer and average

32.9 hours 
of care per week.¹⁴

Only **54%** of cancer caregivers report having ever been asked by a healthcare professional what they needed to help care for the care recipient.¹⁴



Practical Advice

Here are some tips that may help you during this stressful time:

- **Get informed** – Learn about the diagnosis, treatment, and what to expect.²
- **Join a support group** – Members who are in a similar situation may provide emotional support and share helpful tips and resources.³
- **Ask for help** – In addition to reaching out to doctors, nurses, and social workers, the KabiCare Patient Support Program along with other organizations can provide valuable resources that can help.²
- **Get organized** – Keep a digital file of helpful websites and other resources.^{4,5} Compile a list of doctors' names and contact information.⁶ Assign tasks that others can handle for you, and keep a list of contacts who are willing to help.⁷
- **Understand your rights** – You may be eligible for up to 12 weeks of unpaid leave under the Family and Medical Leave Act (FMLA).⁸ For more information, ask your employer about this and other programs and resources they may offer. If you are eligible for FMLA, ask your loved one's medical team for a certification to show to your employer.



Self-Care for Caregivers

Physical Health

- **Maintain your own health and wellness** – Stay on top of your own doctor’s appointments and medications.⁸
- **Eat healthy meals** – Maintain your energy and strength through good nutrition, which includes eating vegetables, fruits, and small portions of protein and whole grains.⁹ When visiting the hospital or doctor’s office for long appointments, it may be a good idea to bring easy-to-prepare food from home rather than rely on the cafeteria or vending machines.⁴
- **Exercise** – Try to find 15 to 30 minutes to move and be active on a regular basis. Any kind of exercise can help keep your body healthy and may make you feel better.^{4,13}
- **Take mini-breaks** – Taking the time to walk around the block or simply closing your eyes for 10 minutes in a comfortable chair can help to relieve stress.⁷

Emotional Health

- **Recognize when you need help** – Know your limits and don’t be afraid to say no or to ask for help.^{7,10} No one can do everything.
- **Reflect on your feelings** – You may feel like your needs aren’t important right now, or you may feel guilty that you are enjoying yourself when your loved one cannot.⁴
- **Connect with friends** – It may be difficult to find time, but try not to neglect your own personal life. Do your best to maintain a sense of normalcy.^{7,11}
- **Consider counseling support** – Taking on caregiving responsibilities in addition to your personal commitments can be a challenge. It’s normal to feel worried, anxious, “blue” or overwhelmed. You may find it helpful to talk to somebody who is outside of your “circle of support.” Find a social worker, psychologist or leader in your faith or spiritual community.⁴

This educational tool is intended for informational purposes only and is not a substitute for professional medical advice or treatment. Always work with your healthcare team to develop a plan that meets your individual needs regardless of the information presented on this page. Links to other websites or educational material are not endorsed nor represented by Fresenius Kabi; therefore, Fresenius Kabi will not be responsible for any information therein. Get more information at [kabicare.us](https://www.kabicare.us)

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