



BC Cancer Agency
Library/Cancer Information Centre

CAREGIVING AND SUPPORT

BOOKS

Borrowed time : living with cancer with someone you love

Fred Edge, 1995. QZ201 E23 1995

A personal account of the author's journey through his wife's battle with cancer.

Breast cancer husband : how to help your wife (and yourself) through diagnosis, treatment, and beyond

Marc Silver, 2004. WP870 S587 2004

A guide for men whose wives or girlfriends have been diagnosed with breast cancer. Helps readers deal with the diagnosis, addressing men's stereotypical reactions (usually saying little, followed by overbearing urges to fix the problem) and advises them how to behave (ask questions and, more importantly, listen). Also examines the various treatments and suggests ways for readers to find sexual intimacy after mastectomy.

Cancer caregiving A to Z : an at-home guide for patients and families

American Cancer Society, 2008. QZ201 C215a 2008

Includes general information about caring for a person with cancer at home in a simple "a to z" format.

Caring and coping when your loved one is seriously ill

Earl A. Grollman, 1995. BF575 G875c 1995

Shows how to support the person who is ill and how the caregiver can handle his/her own emotions.

Everyone's guide to cancer supportive care : a comprehensive handbook for patients and their families

Ernest H. Rosenbaum and Isadora Rosenbaum, 2005. QZ201 R813 2005

Cancer care specialists answer questions concerning a cancer patient's physical, psychological, and spiritual needs. Includes understanding cancer and its treatments; chemotherapy and bone marrow transplant side effects; stress and cancer; the will to live; spirituality; sexuality; nutrition; and rehabilitation and fitness.

Guide for cancer supporters

Annette and Richard Bloch, 1992. QZ200 B651g 1992

Provides information on cancer and its treatments as well as ways to support the patient.

Help me live : 20 things people with cancer want you to know

Lori Hope, 2005. QZ201 H792 2005

Based on her own experience and a survey of other former cancer patients, a cancer survivor talks about what words and actions can either help or hurt cancer patients. She mentions the top 20 things people with cancer want you to know, including: "I need to feel hope", "I want compassion, not pity; comfort, not advice", "I want you to help without my asking you to", "I need to forget—and laugh", and "I like to hear success stories, not horror stories."

Helping your mate face breast cancer : tips for becoming an effective support partner

Judy C. Kneece, 2003. WP870 K68 2003

Includes dealing with the emotional pain of a mate's diagnosis; helping the patient cope; talking with the children; understanding treatment options; insurance and financial issues; what to say about the scar and body image; dealing with side-effects; protecting the sexual relationship; monitoring her emotional recovery; managing the fear of recurrence; and how to take care of the caregiver's needs.

Helping yourself help others: book for caregivers

Rosalynn Carter, 1994. WY115 C324 1994

Provides advice on educating and preparing yourself for caregiving, coping with isolation, looking at family issues, avoiding burnout and getting respite, and dealing with doctors and other caregivers.

Mainstay : for the well spouse of the chronically ill

Maggie Strong, 1988. BF789 S923 1988

Strong tells what it was like to watch her husband become increasingly debilitated by multiple sclerosis, to deal with the financial burden of illness, to realize that their and their children's futures were changed forever. The personal accounts are interspersed with practical advice about dealing with physicians, handling insurance, and just coping.

Man to man : when the woman you love has breast cancer

Andy Murcia and Bob Stewart, 1989. WP870 M973 1989

Provides an account of the authors' reactions to their wives' breast cancer battles.

My mother's breast : daughters face their mothers' cancer

Laurie Tarkan, 2005. WP870 W338 2005

Compiles personal accounts from daughters of mothers who have had breast cancer. The daughters share their feelings of anxiety, loss, fear, courage, inspiration, compassion and joy.

100 questions & answers about caring for family or friends with cancer

Susannah L. Rose and Richard T. Hara, 2005. QZ201 R797 2005

Answers common questions about topics such as managing medical treatment, helping your loved one cope, caring for yourself, home care, insurance issues, work concerns and death and dying.

Resource guide for family caregivers

Family Caregivers Network Society, 2006. WM172 R434 2006

Includes information about balancing family caregiving and employment; communicating with health care providers; community-based supports; choosing home based care services; professional assessments; choosing a residential facility; expectations of the intermediate and long-term care facility; managing when a family member is admitted to hospital; palliative care; financial and legal considerations; and advocacy. Contains some information specific to Victoria.

Share the care: how to organize a group to care for someone who is seriously ill

Cappy Caposella and Sheila Warnock, 2004. WX28.61 C245 2004

Outlines an approach for gathering a group of people who care about the ill person. The system divides up what is needed so that no one helper is overwhelmed, and people are allowed to do what they are good at. Includes scripts for meetings and suggestions of what has and hasn't worked for other groups.

Stand by her : a breast cancer guide for men

John W. Anderson, 2010. WP870 A547 2010

A guide for men with a loved one who has been diagnosed with breast cancer. It combines practical advice with emotional guidance based on the author's personal experience.

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When your friend gets cancer : how you can help

Amy Harwell, 1987. QZ201 H343 1987

Explains how friends and family of the cancer patient can play a major role in the healing process. The author shares her own experience of cancer and the power of friendship.

When someone you love has advanced cancer

National Cancer Institute, 2005. QZ201 U58w 2005

PAMPHLETS

A guide for caregivers

Canadian Hospice Palliative Care Association.

Listen with your heart: talking with people who have cancer

Canadian Cancer Society.

Living with cancer: a guide for people with cancer and their caregivers

Canadian Cancer Society.

TAPES

Caring for the caregiver

National Coalition for Cancer Survivorship, 2000. QZ200 C219nc 2000

VHS

Caregivers' journey

Geila Bar-David, 1997. 5 volume series + workbook. WM172 B245 1997

Each of the five videos consists of relaxation exercises, reflection exercises, and information about a special topic. The topics covered include the common experiences in becoming a caregiver; the challenges and costs of caregiving; coping with the strain; healing; and the benefits of caregiving.

Labour of love : 5 stories of caregiving

Dan Curtis, 1998. WY152 L125 1998

Includes profiles of 5 caregivers and their families.

Significant journey : breast cancer survivors and the men who love them

American Cancer Society, 1992. WP870 A515 1992

A short videotape that deals with the relationships between couples after a diagnosis of breast cancer. The participants range in age from 24-72 and come from all walks of life. Each couple is interviewed together. The video emphasizes couples dealing with the emotional, physical, and psychological issues surrounding breast cancer.

DVD

Family support

WomenStories, 2001. WP870 W873 2001 v.2

This video tells the stories of how several families learned about their loved one's breast cancer, how they supported her and adapted to the new situation themselves.

Partners in hope : a man's guide to women's breast cancer

WP870 P273 2001

Addresses breast cancer from a male point of view. Topics include the initial impact of the diagnosis; how men and women face crises; feelings of anger and helplessness, using communication as a roadmap; sorting through medical information; surgery, treatments and reconstruction; intimacy; and life beyond treatment.

Spouse to spouse : what it's like when your partner has cancer

Cancervive, 1999. QZ200 S765 1999

Husbands and wives of people with cancer discuss their deepest emotions, sharing their fears and hopes as both partner and caregiver. The spouses, from varied backgrounds and at different stages in their lives, speak to how the illness tests the strength and endurance of their marriage.

RECOMMENDED WEBSITES

Caregivers Association of BC

caregiverbc.dyndns.org

Family Caregivers' Network Society

www.fcns-caregiving.org

Young (Cancer) Spouses

www.youngcancerspouses.com