



Provincial Health Services Authority

# Information for Cancer Patients Caregivers

Family and friends of cancer patients often help with day-to-day tasks and provide comfort and support before, during and after cancer treatment. Providing care can nurture a deeper bond but sometimes the stressors of everyday life and additional responsibilities can become overwhelming. Whether a caregiving role is familiar or a brand new experience, it is important to care for yourself while caring for others. Here is a list of resources that might be helpful.

## **Cancer Centre Support**

BC Cancer offer diverse support programs and educational opportunities including relaxation/stress reduction groups and counselling services at all Cancer Centres. Contact Patient & Family Counselling Services or go to the [BC Cancer website](#) – Our Services – Centre (support programs). View the Centre support programs calendar.

BC Cancer library and Cancer Information Centers provide books, pamphlets and other resource materials at each Centre. Search online or visit your Centre.

## **Community Support**

[Cancer Chat Canada](#) offers online support groups and some are specifically geared towards family members. For more details and to register for groups visit their website.

[Canadian Cancer Society](#) has an information line and you can inquire about what supports and services are in your community call 1.888.939.3333. The website also provides a booklet called “If you are a Caregiver”.

[Cancercare.org](#) has podcasts and publications related to caregiving. For topics related to caregiving. Visit their website.

[Canadian Virtual Hospice](#) offers online discussion forums, resources and questions about topics related to caregiving and bereavement. For more information visit their website.

**Community Services, Seniors Support Services and Hospices** in your community often have caregivers or bereavement services search online for some suggestions for community programs in your area.

[Family Caregivers of BC](#) is an association that provides caregiving information and a list of support groups in each BC community. Visit their website or call 1.877.520.3267 for more information.

[Self-Care for Caregivers](#) booklet from the Government of Canada website. Download pdf.

[Caring for the Caregiver](#) – Government of BC information for caregivers (self-assessment and information package).

[Family & Friend Caregivers Information and Resource Handbook](#) is available to download from The United Way of the Lower Mainland's website.

**Employment Insurance:** Compassionate Care Benefits and Family Caregiver Benefits may be available if you need to take time off work to provide care. Visit their website or call 1.800.206.7218 for more information.

Revised: March 21, 2018 Psychosocial Oncology Programs <http://www.bccancer.bc.ca/health-info/coping-with-cancer/talking-to-my-family/family-caregivers>