

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library).

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient & Family Counselling, or the BC Cancer website ([www.bccancer.bc.ca](http://www.bccancer.bc.ca)). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

## **CAREGIVING AND SUPPORT**

For family members, caregivers, co-workers and friends of cancer patients, it is often challenging to know how to be helpful when a loved one is diagnosed or dealing with cancer. What words can we use to give comfort and provide meaningful support? How do we let the other person know we are there for them? And how do we maintain our own health and well-being while taking on the care giving role? The following resources will provide some options for you.

### **LIBRARY/CANCER INFORMATION CENTRE RESOURCES**

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library) to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

**100 questions & answers about caring for family or friends with cancer** (Book) **QZ201 R797 2010**

Also available online at [www.r2library.com/Resource/Title/0763762571](http://www.r2library.com/Resource/Title/0763762571). Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

**American Cancer Society complete guide to family caregiving** (Book) **QZ201 A512b 2011**

Also available online at

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=443036>.

Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

**And in health : a guide for couples facing cancer together** (Book) **QZ201 S529 2013**

<b>Art of conversation through serious illness : lessons for caregivers</b> (Book)	<b>BF789 D4 M377 2010</b>
<b>Be the noodle</b> (Book)	<b>BF789 D4 K29 2010</b>
<b>Cancer caregiving A-Z</b> (Book)	<b>QZ201 C215a 2008</b>
Also available online at <a href="http://search.ebscohost.com/login.aspx?direct=true&amp;scope=site&amp;db=nlebk&amp;db=nlabk&amp;AN=342728">http://search.ebscohost.com/login.aspx?direct=true&amp;scope=site&amp;db=nlebk&amp;db=nlabk&amp;AN=342728</a> . Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.	
<b>Caregiver's guide</b> (Book)	<b>WB310 C271 2014</b>
Also available online at <a href="http://www.stlazarus.ca/acaregiversguide">www.stlazarus.ca/acaregiversguide</a> .	
<b>Final journeys</b> (Book)	<b>WB310 C156 2008</b>
<b>How can I help?</b> (Book)	<b>QZ201 S745 2008</b>
<b>How to help your friend with cancer</b> (Book)	<b>QZ201 F965 2015</b>
<b>How to help someone with cancer</b> (Book)	<b>QZ201 B467 2016</b>
<b>In the shadows : how to help your seriously ill adult child</b> (Book)	<b>QZ201 B365 2013</b>
<b>Loving, supporting, and caring for the cancer patient</b> (Book)	<b>QZ201 G618 2016</b>
<b>Passages in caregiving</b> (Book)	<b>WT500 S541 2011</b>

### **Cancer Site-Specific Resources**

<b>Prostate cancer and the man you love</b> (Book)	<b>WJ752 K19p 2012</b>
<b>Stand by her : a breast cancer guide for men</b> (Book)	<b>WP870 A547 2010</b>

### **Personal Stories**

<b>Still dancing</b> (Book)	<b>QZ201 M381 2013</b>
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## PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

### **Information for cancer patients' caregivers** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Talking to My Family→Family Caregivers.

### **Listen first and 9 other ways to support someone with cancer** (Canadian Cancer Society)

Go to [www.cancer.ca](http://www.cancer.ca) and click on Support & Services→Publications, or pick up a copy from the BC Cancer Library.

### **When someone you love has advanced cancer** (National Cancer Institute)

Go to [www.cancer.gov](http://www.cancer.gov) and search for "When someone you love has advanced cancer."

### **When someone you love has completed cancer treatment** (National Cancer Institute)

Go to [www.cancer.gov](http://www.cancer.gov) and search for "When someone you love has completed cancer treatment."

## Cancer Site-Specific Pamphlets

### **My partner has breast cancer: how can I help?** (BC/Yukon Women's Cancer Alliance)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Types of Cancer→Breast Cancer→Information Kit.

## RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Our Services→Services→Library→Recommended Websites→Living with Cancer Websites→Caregivers Websites.

### **BC Cancer**

[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

Click on Health Info→Coping with Cancer→Talking to My Family→Family Caregivers.

Provides information for family members who are supporting someone with cancer.

### **American Cancer Society**

[www.cancer.org](http://www.cancer.org)

Click on Treatment & Support→Caregivers and Family.

Topics include: How to care for someone with cancer; taking care of yourself; how to be supportive.

### **Canadian Cancer Society**

[www.cancer.ca](http://www.cancer.ca)

Click on Click on Cancer Info→Cancer Journey→If You're a Caregiver.

Topics include: Responsibilities and Concerns; Taking Care of Yourself as a Caregiver; Personal Stories.

**Cancer.Net**[www.cancer.net](http://www.cancer.net)

Click on Coping with Cancer→Caring For a Loved One.

Topics include: Being a Caregiver; Tips on Caregiving; How Caregivers Can Take Care of Themselves; Exploring New Caregiving Options; Home-Care; Long-Distance Caregiving.

**Family Caregivers of BC**[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

Offers: Family caregiver support groups; Telephone or in-person caregiver support; Information and referral to community resources; Assistance in navigating the healthcare system; Educational workshops; and a Resource guide for family caregivers.

**National Cancer Institute**[www.cancer.gov](http://www.cancer.gov)

Click on About Cancer→Coping→Support for Caregivers.

Topics include: adjusting to being a caregiver; caring for yourself; long distance caregiving; after treatment; and for teens.

## SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BC Cancer. BC Cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

[www.bccancer.bc.ca/our-services/services/support-programs](http://www.bccancer.bc.ca/our-services/services/support-programs)

**BC Cancer Patient & Family Counselling**

This service is available to anyone in BC who has received a diagnosis of cancer, as well as those supporting them. Counselling is available to individuals, couples, and families, either in person or over the phone. The services are solution-focused and are limited to addressing challenges related to cancer.

Get more information at [www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling](http://www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling)

**Cancer Chat Canada**[www.cancerchatcanada.ca](http://www.cancerchatcanada.ca)

An online support group for people with cancer.

Call 1.844.725.2476 for information.

**CancerConnection.ca** (Canadian Cancer Society)[www.cancerconnection.ca](http://www.cancerconnection.ca)

An online community for cancer patients, caregivers, friends and family. A safe place to connect and find support. Regular webcasts are available on demand on a series of topics relevant to people with cancer including physical activity, relationships and complementary therapies.

**Family Caregiver Support Groups and Support Line**

[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

Click on Get Help→Support Groups for a list of support groups in BC or call the Caregiver Support Line at 1-877-520-3267 (toll free in BC)

*If you would like more information about these or other resources, please contact the BC Cancer Libraries.*

<b>Abbotsford</b>	604.851.4710, ext. 646825 or toll-free 1.877.547.3777
<b>Kelowna</b>	250.712.3900 ext. 686821 or toll-free 1.888.563.7773
<b>Prince George</b>	Toll-free 1.888.675.8001, ext. 8001
<b>Surrey</b>	604.930.2098 ext. 654576 or toll-free 1.800.523.2885
<b>Vancouver</b>	604.675.8001 or toll-free 1.888.675.8001, ext. 8001
<b>Victoria</b>	250.519.5517 or toll-free 1.800.670.3322