

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 and 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.

## **HOME CARE**

Home care consists of a range of health care, practical and supportive services delivered in the home to a person with cancer who requires assistance. Delivered by family, friends, health care professionals or any combination of these three, home care can be helpful during specific times of need, for those in need of longer-term care or during palliative care. This Pathfinder is focused on helping you find resources for all your home care questions and needs.

### **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.

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|---|-------------------------|
| <b>American Cancer Society's complete guide to family caregiving</b> (Book)<br>Guide to cancer caregiving at home.  | <b>QZ201 A512b 2011</b> |
| <b>Caregiver's guide</b> (Book)<br><b>Also available online at</b> <a href="http://www.stlazarus.ca/acaregiversguide">www.stlazarus.ca/acaregiversguide</a> .<br>Covers topics such as coming to terms with death, caring for the caregiver, providing physical care and dying. | <b>WB310 C271 2014</b>  |
| <b>End-of-life handbook</b> (Book)  | <b>WB310 F312f 2007</b> |

**Supportive care at home (Book)****WX28.61 D278 2002**

A compendium of supportive therapies; includes worksheets and daily log forms to photocopy, illustrations of assistive devices, and photos of rehabilitation exercises.

**When the focus is on care: palliative care and cancer (Book)****WB310 W567 2005**

Explains what palliative care is and how it can help people with cancer. Includes information about making informed decisions, getting good medical care, managing symptoms and side effects, the emotional impact of cancer, coping strategies, talking to loved ones, and coming to terms with mortality.

## 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, Home and Community Care Websites, or Palliative Care/Hospice Websites.

**Canadian Hospice Palliative Care Association****[www.chpca.net](http://www.chpca.net)**

On this page you will find resources for advance care planning, content for family caregivers, a “Resource Commons,” and other useful information.

**Canadian Virtual Hospice****[www.virtualhospice.ca](http://www.virtualhospice.ca)**

This site explores some of the common emotions that patients and families experience during illness and provides access to discussion boards on a range of topics.

**CaringInfo****[www.caringinfo.org](http://www.caringinfo.org)**

This site has information on living with pain, how to care for someone who is living with pain, and information on care planning. Keep in mind that this is an American website so information in some sections may not be applicable to Canadian patients.

**Growth House****[www.growthhouse.org](http://www.growthhouse.org)**

The Growth House provides education about life-threatening illness and end of life care. The website includes blogs and resources for patients and families.

## 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)

## **BC Health Authorities Home and Community Care Services**

<b>Fraser Health</b>	<a href="http://www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care#.W-3qxdL0nDB">www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care#.W-3qxdL0nDB</a>
<b>Interior Health</b>	<a href="http://www.interiorhealth.ca/YourCare/HomeCommunityCare/Pages/default.aspx">www.interiorhealth.ca/YourCare/HomeCommunityCare/Pages/default.aspx</a>
<b>Island Health</b>	<a href="http://www.islandhealth.ca/learn-about-health/home-care-assisted-living-residential-care">www.islandhealth.ca/learn-about-health/home-care-assisted-living-residential-care</a>
<b>Northern Health</b>	<a href="http://www.northernhealth.ca/services/home-community-care">www.northernhealth.ca/services/home-community-care</a>
<b>Vancouver Coastal Health</b>	<a href="http://www.vch.ca/your-care/home-community-care">www.vch.ca/your-care/home-community-care</a>

*If you would like more information about these or other resources, please contact one of 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