

## HELPFUL HINTS FOR CAREGIVERS



**Caring for a transplant patient is physically challenging and emotionally draining. Here are some tips from other caregivers on how to cope:**

**Set up a support system for YOU.** Special friends, a support group, a spiritual advisor or mental health provider can sustain you during the difficult times.

**Keep a diary and carry it with you.** Write down EVERYTHING – names, phone numbers, maps, instructions, questions, etc. One day begins to blend into the next and remembering details will be hard.

**Take time to recharge.** Eat well-balanced meals, exercise and take time to sleep. You can't be a good caregiver if you are exhausted or sick.

**Learn to delegate and accept help.** Family and friends WANT to help. Let them!

**Set up a system to update people** about the patient's progress, without having to talk to each one individually. Daily updates on a website like CaringBridge.org, e-mails to a large mailing list, or having a friend communicate the patient's progress to others works well.

**Be politely assertive.** Make sure your questions are answered by the medical team and that the patient's needs are being met.

**Be flexible and patient.** Few things happen exactly as expected. Plan for delays, setbacks, and surprises.

**Learn to focus on those things that you CAN control,** rather than those things that are beyond your control.

**Try to maintain a sense of humor and a positive outlook.** Taking things one day at a time helps.

**If you'd like to talk with a person who has been a caregiver for a transplant patient, call BMT InfoNet.**

We can link you with someone who has been in your shoes and understands what you are going through.

## CAREGIVING RESOURCES

### **BMT InfoNet**

847-433-3313

888-597-7674 (toll-free)

help@bmtinfonet.org

bmtinfonet.org/caregivers

Peer support for caregivers, videos about caregiving, and access to mental health providers who can help you cope.

### **Be The Match®**

888-999-6743

BeTheMatch.org

Online information about caregiving and a free book, Caregiver's Companion.

### **Cancer Support Community**

(888) 793-9355

cancersupportcommunity.org

Tips for caregivers before, during and after treatment.



### **CancerNet.org**

cancer.net/coping-with-

cancer/caring-loved-one

How to manage caregiving responsibilities and your well-being.

### **Caregiving**

caregiving.com

Articles, blogs, podcasts, videos, and stories to help guide family caregivers.

### **CareZone**

carezone.com

Online and mobile app to organize medications, appointments, contacts and medical information.

### **CaringBridge**

caringbridge.org

Create a personalized webpage to communicate with friends and family during and after treatment.

### **Lotsa Helping Hands**

lotsahelpinghands.com

A tool to organize volunteers to help during and after treatment.

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## **BMT InfoNet**

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