

Resource Guide **for Cancer Caregivers**

As your loved one begins their journey of battling cancer, you are also starting a journey of your own. While you care for your loved one emotionally and physically, we want to empower you with the tools you need to care for yourself.



An Introduction to the Cancer Caregiver's Guidebook

The Cancer Caregiver's Guidebook is a resource designed for caregivers, providing insight into the cancer caregiving journey through helpful information and support resources. We have created a guidebook in partnership with hundreds of caregivers to help you navigate the emotional highs and lows you might face.

This easy-to-follow guide can help you **navigate the caregiving journey by:**

- ▶ Helping you navigate the emotional phases of the journey
- ▶ Letting you know what to expect along the way
- ▶ Providing helpful strategies to cope with impending challenges
- ▶ Giving you tools and tips to help successfully manage the day-to-day
- ▶ Sharing checklists and worksheets as well as important resources

The Cancer Caregiver's Guidebook is available as a web-based digital book and an audiobook.

Both resources provide an overview of the **6 phases of the caregiving journey, from confusion to acceptance.**



[Download the Cancer Caregiver's Guidebook](#)



Because each cancer caregiver's experience is unique, there is no single path. Some will take a more linear journey. Many will experience the journey in no particular order. **The Cancer Caregiver's Guidebook** introduces you to 6 states of mind you may be dealing with along the way.



Phase 1
Confusion



Phase 2
Realization



Phase 3
Frustration



Phase 4
Acknowledgment



Phase 5
Collapse



Phase 6
Acceptance



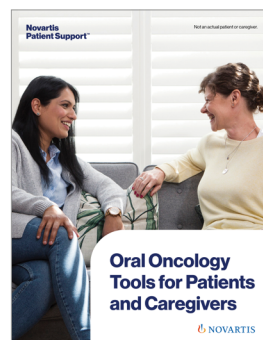
Resources for Patients and Caregivers at Novartis.com

Novartis is dedicated to supporting patients and caregivers with resources that may help improve their oncology care experience, including topics such as oral oncology and treatment adherence.

Oral Oncology Tools for Patients and Caregivers

This comprehensive resource **contains a collection of tools for patients and caregivers:**

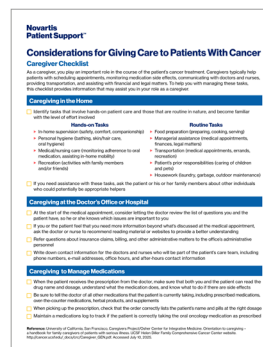
- ▶ A list of questions for discussing oral oncology treatments with providers
- ▶ Treatment adherence checklist
- ▶ Therapy tracking calendar
- ▶ Tips for getting specialty medication from a specialty pharmacy
- ▶ Caregiver checklist and information



[Download the Oral
Oncology Toolkit](#)

Considerations for Giving Care to Patients With Cancer

This flash card **includes a checklist to help caregivers organize their tasks** while providing care inside and outside the home. It also provides guidance on how to create a patient health care information binder, and additional resources on caring for patients with cancer.



[Download the Caregiver
Considerations Flash Card](#)



More patient and caregiver resources

Visit [Novartis.com](#) to access all of the available
resources for patients and caregivers.



Not an actual
patient or caregiver.

