

Caregiver Resources



WEBSITES

ACS Patient Programs and Services

The American Cancer Society offers programs and services to help you during and after cancer treatment. Below are some of the resources we provide. We can also help you find other free or low-cost resources available.

www.cancer.org/support-programs-and-services.html

AARP Family Caregiving

www.aarp.org/caregiving/

Cancer Care

www.cancercare.org/tagged/caregiving

Caregiver Support Group — Spouses/Partners
Caring for a Loved One With Cancer Support Group
Caring for an Adult Child With Cancer Support Group

Caregiver Support Services

www.caregiversupportservices.com/

A company that focuses on family and frontline caregivers

Family Caregivers Support Group-Facebook

www.facebook.com/groups/1213408352426875/

Self-Care Support for Caregivers-Facebook

www.facebook.com/groups/selfcaresupportforcaregivers/

Caregiver Support Group-Facebook

www.facebook.com/groups/103001490399094/

Family Caregiver Alliance

www.caregiver.org/about-fca/what-we-do/

Resources are designed with caregivers' needs in mind and offer support, tailored information, and tools to manage the complex demands of care-giving.

Wings of Hope

wingsofhope.org/-services

For more information or to register, call **712.325.8970** or email carolyn@wingsofhope.org.

COUNSELING

Companion Counseling

The journey of cancer, whether experienced as a patient or care partner, is challenging. It's unpredictable, ever-changing and evokes strong emotions. Wings of Hope offers counseling services unique to those challenged by cancer.

Caregiver Huddles-Virtual Only

Huddles are brief, focused group meetings that are held weekly online. One huddle is designed for care partners, and the other is designed for cancer patients and survivors. Simple mind-body-spirit methods are practiced to better care for our inner selves. Through generous listening, we find a community that supports our growth and healing.

BOOKS

Already Toast: Caregiving and Burnout in America by Kate Washington

(March 2021, Beacon Press)

Already Toast shows how all-consuming caregiving can be, how difficult it is to find support, and how the social and literary narratives that have long locked women into providing emotional labor also keep them in unpaid caregiving roles. When Kate Washington and her husband, Brad, learned that he had cancer, they were a young couple: professionals with ascending careers, parents to two small children. Brad's diagnosis stripped those identities away: he became a patient and she his caregiver.

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BOOKS

Daily Comforts for Caregivers

by Pat Samples

(October 1999, Taylor Trade/Fairview Press)

With 366 days' worth of wisdom and affirmations, Daily Comforts addresses one caregiving issue per day. This book works like a support system in a pocket by helping both family and professional caregivers cope with isolation, guilt, exhaustion, and frustration. Each reading concludes with an inspiring, practical affirmation designed to help caregivers better care for themselves.

Talking with My Treehouse Friends about Cancer: An Activity Book for Children of Parents with Cancer

by Peter R. Van Dernoot

(February 1, 2007, Chicago Review Press)

This activity book, written by the founder of The Children's Treehouse Foundation, is designed to help children cope with the news that their parents or grandparents have cancer. The diary provides age-appropriate explanations and allows kids to express their feelings through drawing, coloring, pasting, and writing.

When You Know You're Dying:

12 Thoughts to Guide You Through the Days Ahead

It's difficult to find books written just for the dying. Here's one that's been tested in many settings. Each chapter is straightforward and specific: "Assert your right to make your own decisions." "Tell your story." "Dare to hope." The tone is supportive throughout, empowering the dying person to live fully until they die. Included are many quotations to illustrate each guideline.

One You Love Is Dying:

12 Thoughts to Guide You on the Journey

This book offers sensitive, direct advice to family members and lay caregivers.



GRAPHIC NOVELS

One Year Wiser: A Graphic Guide to Mindful Living

by Mike Medaglia

(October 2017, Self Made Hero)

One Year Wiser: A Graphic Guide to Mindful Living takes young readers on a journey of self-discovery. Exploring what mindfulness is and the benefits it can bring, you'll discover a simple yet powerful truth: peace, contentment, and happiness are inside us already—all we need are the tools to access them. This smart, accessible, and beautifully illustrated guide will help readers master the art of living mindfully.

Mom's Cancer

by Brian Fies, Charles Kochman and Barbara Fies

(March 2006, Abrams Books)

Mom's Cancer is a graphic novel about one family's struggle with metastatic lung cancer. Honest, unflinching, and sometimes humorous, it is a look at the practical and emotional effect that serious illness can have on patients and their families. In the end, it is a story of hope—uniquely told in words and illustrations.

PODCASTS

Caregiver Dave Podcast

www.caregiverdave.com/podcasts/

Cancer Out Loud: The CancerCare Podcast

www.cancercare.org/canceroutloud

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