



CAREGIVER SUPPORT VIDEO SERIES

We're here for you.

When you're caring for a loved one with cancer, you may experience a wide range of emotions. You may also need to develop a new set of skills for at-home care.

The American Cancer Society and EMD Serono have partnered to help address these issues. We encourage you to check out the **Caregiver Support Video Series**, which provides resources and training for caregivers.

This video series offers psychosocial and educational support for you – as you care for a loved one with cancer. It also provides self-care techniques, so you can maintain or improve your own quality of life, as you go through the caregiver experience.

This is an evidence-informed video series. That means we've listened to caregivers – lots of them – who've expressed what would help them in their role. This series is our response to that.

Video topics include the following:



PHYSICAL CARE TRAINING –

drain care, lifting, pain management, medication management, symptom/side effect management, and identifying signs of infection



CAREGIVER SELF-CARE –

nutrition, physical activity, stress management and coping, dealing with fear of recurrence, and deep breathing/relaxation



ADVOCACY –

how to effectively communicate the patient's needs to the cancer care team

Visit cancer.org/caregivervideos and choose the videos that speak to your needs. Also, please share this information with others in your caregiver community. We want all caregivers to know that they are not alone, and that their voices are heard.



Embracing Carers™ is an initiative led by EMD Serono, in collaboration with leading caregiver organizations around the world, to increase awareness and action about the often-overlooked needs of caregivers. Visit embracingcarers.com to learn more.

cancer.org | 1.800.227.2345

©2019, American Cancer Society, Inc. No. 041404. Models used for illustrative purposes only.