

## You can be a source of *strength* for someone you care about.



*Being a caregiver of a cancer patient can be an emotionally and physically challenging time, but it can also be a deeply rewarding experience. We hope that the following information will help you feel more confident in your new role as a caregiver, and empower you to be a source of strength for someone you care about.*

### *How you can help with... managing your loved one's illness.*

- **Learn, learn and learn.** Make sure you are educated about your loved one's illness, because knowledge is empowering, and it can increase your own comfort level. Learn more about the *Strength for Caring* program, and the ongoing events in your community, by visiting [www.strengthforcaring.com](http://www.strengthforcaring.com) or calling 1-888-I-CARE-80.
- **Include** the person you're caring for in everyday activities. Because of the cyclical nature of chemotherapy, it will depend on how he or she is feeling. There might be days where all they can do is watch, and others when they can actively participate. On those days when they are feeling well enough to participate, **encourage** them to take part in their favorite activities, continue their existing hobbies or take up new ones, and maintain their social contacts.
- **Take advantage of community.** You and the person you're caring for can benefit from resources in your area such as transportation agencies, entitlement and benefit programs, home care services, support groups and educational programs, like Strength for Caring.
- **Share** the information you research with the person you're caring for in an appropriate manner. Having this information will enable him or her to talk to their doctor about side effects of chemotherapy, including fatigue caused by anemia, which is the most common side effect.

### *How you can help with... managing fatigue*

- **Be aware** of the warning signs such as tired eyes, stiff shoulders, decreased or lack of energy, inability to concentrate, increased irritability, nervousness, anxiety and impatience.
- **Plan** activities according to his or her fatigue and energy pattern.
- **Provide** the person you're caring for with tips on managing and monitoring fatigue such as scheduling daily naps or rest periods, prioritizing activities, delegating responsibilities, and keeping a diary to record fatigue patterns.
- If appropriate, **discuss** symptoms with the doctor, and ask about the most prescribed treatment.

**PROCRIT**<sup>®</sup>  
EPOETIN ALFA

FOR INJECTION

You can start by  
*taking care* of yourself.



*In your new role as a caregiver, one of your primary responsibilities is to take care of yourself. While your focus will often be on the care of your loved one, it is also important to consider your own physical and emotional well-being. Taking care of yourself will help you better take care of the one you love.*

### *Tips to help you be a source of strength for yourself.*

- Take a break to restore your energy, every day. Allow yourself to take some quality time for yourself. Regularly schedule a day off, spend quiet time at home or plan a day trip to enjoy your favorite activity. You deserve it.
- Help yourself by getting organized. Create daily "to do" lists of caregiving tasks, chores and household or family duties. Prioritize and do what's most important to you.
- Don't be afraid to ask for or accept help when you need it. Call on family, friends and healthcare professionals for support, and to assist you in caring for your loved one. Whenever possible, share responsibilities.
- Talk about your feelings to family and friends, or seek out support groups specifically dedicated to caregivers of people living with cancer. Choosing people who are willing to listen to your concerns can give you comfort, insight and support.

**To help you meet the challenges of caregiving, and for more caregiver tips and helpful support links, please consider the following resources:**

- Strength for Caring' – [www.strengthforcaring.com](http://www.strengthforcaring.com)  
Tel: 1-888-I-CARE-80
- National Family Caregiver Association – [www.nfcacares.org](http://www.nfcacares.org)  
Tel: 1-800-896-3650
- Today's Caregiver Magazine – [www.caregiver.com](http://www.caregiver.com)  
Tel: 954-893-0550
- Cancer – [www.cancer.com](http://www.cancer.com)  
Tel: 1-800-325-7504
- People Living With Cancer – [www.oncology.com](http://www.oncology.com)  
Tel: 703-797-1914

**PROCRT**<sup>®</sup>  
EPOETIN ALFA

FOR INJECTION