

Caregiving

A Pathfinder

The Learning Center provides materials for information and convenience only. They are not to be substituted for medical advice. Medical information is often controversial and continually changes. Please consult your health care provider to discuss your specific concerns.

The Learning Center locations provide a wide range of materials, and each site's resources are different. Please call ahead to learn which location contains the resources you need. The Learning Center staff provides skilled, individualized service and will be happy to help you.

For more information, or if you have questions, please call, e-mail or visit The Learning Center.

Levit Family Learning Center Mays Clinic

Floor 2, near The Tree Sculpture,
Room ACB2.1120
Monday – Friday, 9 a.m.-4 p.m.
713-563-8010

E-mail: asktlestaff@mdanderson.org

Theodore N. Law Learning Center Main Building

Floor 4, near Elevator A,
Room R4.1100
Monday – Friday, 9 a.m.-4 p.m.
713-745-8063

Pamphlets

Caregivers: Facing the Challenge Together. The University of Texas M. D. Anderson Cancer Center. 2007.

Caring for the Caregiver. National Cancer Institute. 2007.

Caring for the Patient With Cancer at Home: A Guide for Patients and Families. American Cancer Society. 2007.

Support for Caregivers Series. National Cancer Institute. 2005.

Books

Across the Chasm: A Caregiver's Story. Zikmund-Fisher. WH 380 Z68a 2002.

Cancer Caregiving A to Z: An At-Home Guide for Patients and Families. American Cancer Society. WY 200 C216 2008.

Cancer, How Will I Get Through This? Stories of Hope from Survivors and Caregivers. Molloy K. QZ 200 M727 2006.

Caregivers' Guide for Bone Marrow/Stem Cell Transplant. National Bone Marrow Transplant Link. WH 380 C271 2003.

- Caregiver's Handbook: A Guide to Caring for the Ill, Elderly, Disabled and Yourself. Fabiny A, et al. WY 200 C2712 2004.
- A Caregiver's Survival Guide: How to Stay Healthy When Your Loved One Is Sick. Strom KM. BV 4919.9 S919c 2000.
- Caregiving at Home. Leahy W. WY 200 L434c 2005.
- The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers. Meyer M, Derr P. WY 115 M6132c 2002.
- Dying at Home: A Family Guide for Caregiving. Sankar A. WY 200 S227d 1999.
- The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent. Jacobs B. WY 200 J17e 2006.
- Everyone's Guide to Cancer Supportive Care: A Comprehensive Guide for Patients and Their Families. K Rosenbaum E, Rosenbaum I. QZ 200 R813e 2005.
- Face to Face With Cancer: Comfort and Practical Advice for Sufferers and Carers. Stroud M. QZ 200 S925f 2004.
- Facing Cancer Together: How to Help Your Friend or Loved One. Brown P. QZ 200 B879F 1999.
- A Family Caregiver Speaks Up: It Doesn't Have to Be This Hard. Mintz S. WY 200 M667f 2007.
- The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own. Barg G. WB 310 B251f 2001.
- Help Me Live: Twenty Things People With Cancer Want You to Know. Hope L. QZ 200 H791h 2005.
- Help Me to Heal. Siegel B. WX 158.5 S571h 2003.
- I'm Here to Help: A Guide for Caregivers, Hospice Workers, and Volunteers. Ray K. WB 310 R264i 1997.
- Living With Cancer as "A New Normal": A Journey With Cancer Through the Eyes of a Caregiver. Marston DM. QZ 200 M3741 2007.
- Long Distance Caregiving: A Survival Guide for Far Away Caregivers. Heath A. WT 30 H37L 1993.
- Making the Moments Count. Decker J. WB 460 D295m 1997.
- Medicine & Compassion: A Tibetan Lama's Guidance for Caregivers. Nyima C, Shlim D. BQ 4570 M4 N994m 2004.
- One Hundred Questions & Answers About Caring for Family or Friends With Cancer. Rose S, Hara R. QZ 200 R79 2005.
- Partners in Healing. Collinge W. WY 200 C711p 2008.
- *Principles and Practice of Palliative Care and Supportive Oncology. Berger A, Shuster J. Ref QZ 266 P957 2007.
- Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill. Capossela C, Warnock S. WY 200 C246s 1995.
- Shelter From the Storm: Caring for a Child With a Life-Threatening Condition. Hidden J, Tobin D. WS 200 H642s 2003.

*Indicates reference only (unavailable for check out)

- Surviving Your Spouse's Chronic Illness: A Compassionate Guide. McGonigle C.
WT 500 M146S 1999.
- Taking Time for Me: How Caregivers Can Effectively Deal With Stress. Karr K.
WM 172 K18T 1992.
- The Thirty Six-Hour Day: A Family Guide to Caring for Persons With Alzheimer Disease,
Related Dementing Illnesses, and Memory Loss in Later Life. Mace N, Rabbins P.
WM 220 M141t 2001.
- A Time for Listening and Caring: Spirituality and the Care of the Chronically Ill and Dying.
Puchalski C. WB 310 T583 2006.
- Voices of Caregiving: The Healing Companion: Stories for Courage, Comfort, and Strength.
Healing Project. WY 200 V889 2009.
- When the Man You Love Is Ill: Doing Your Best for Your Partner Without Losing Yourself.
Lynn D. WY 200 L989w 2007.

Video

- Caring for the Cancer Patient: The Caregiver's Perspective. The University of Texas M. D.
Anderson Cancer Center. QZ 200 DVD 2554 2004.

Web Sites

The University of Texas M. D. Anderson Cancer Center: The Anderson Network

<http://www.mdanderson.org/departments/andersonnet/>

The Anderson Network is a unique cancer support group of more than 1,500 current and former patients who provide support to cancer patients and their caregivers. Resources include a telephone support line, educational forums and quarterly newsletter.

Association of Cancer Online Resources (Special Online Resources for Support and Information)

<http://www.acor.org/support.html>

ACOR offers information and support through its online discussion groups, referred to as "mailing lists." Patients create these lists for patients and caregivers. Mailing lists contain postings of patients and caregivers discussing practical issues of dealing with cancer. They are an excellent way to see how other patients and caregivers deal with cancer. (Type the term *caregivers* in the search bar).

CancerCare[®]

http://www.cancercares.org/get_help/special_progs/caregivers.php

CancerCare[®] is a national non-profit organization that provides free professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones and the bereaved. Trained oncology social workers provide counseling, education, financial assistance and practical help.

Family Caregiver Alliance

<http://www.caregiver.org>

The Family Caregiver Alliance supports and sustains the work of families caring for loved ones living with chronic and disabling conditions. This site provides caregiving information and advice, fact sheets and publications, newsletters and more. Information also is available in Spanish and Chinese.

National Family Caregivers Association

<http://www.nfcacares.org/>

The National Family Caregivers Association supports, empowers, educates and speaks up for Americans who care for chronically ill, aged or disabled loved ones. The organization reaches across the boundaries of different diagnoses and different relationships. This Web site offers resources and information for caregivers, including news and caregiving tips.

Strength for Caring

<http://www.strengthforcaring.com>

Strength for Caring is an online resource and community for family caregivers. This resource helps family caregivers take care of their loved ones and themselves. Strength for Caring is part of The Caregiver Initiative, created by Johnson & Johnson Consumer Products Company, Division of Johnson & Johnson Consumer Companies, Inc.

The Wellness Community

<http://www.thewellnesscommunity.org/>

The Wellness Community is an international nonprofit organization dedicated to providing support, education and hope for all people affected by cancer. Caregivers can obtain support and education by selecting *Online Support Groups*.