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 talk to your doctor about your specific concerns.

The Learning Center provides a wide range of materials, and each location has different resources. Please call ahead to learn which location has the resources you need.

To learn more or ask questions, please call, email 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
http://www.mdanderson.org/tlc
Email: asktlcstaff@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

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. 2009.
Frankly Speaking About Cancer: Ten Tips for Caregivers. Cancer Support Community. 2011.
Support for Caregivers Series. National Cancer Institute. 2010.

Books

American Cancer Society Complete Guide to Family Caregiving: The Essential Guide to Cancer Caregiving at Home. Buchner JA, Houts P, Ades T, eds. WY 200 A512 2011.
The Art of Conversation Through Serious Illness: Lessons for Caregivers. McQuellon R, Cowan M. BF 789 D4 M173a 2010.
Cancer Caregiving A to Z: An At-Home Guide for Patients and Families. American Cancer Society. WY 200 C216 2008.

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Cancer, How Will I Get Through This? Stories of Hope From Survivors and Caregivers. Molloy K. QZ 200 M727 2006.
Caring Questions: Sensitive and Fun Conversation Starters for Caregivers. Antkowiak J. WY 200 A633c 2010.
Checking Out: An In-Depth Look at Losing Your Mind. Graves C. QZ 380 G776c 2012.
Companioning You! A Soulful Guide to Caring for Yourself While You Care for the Dying and the Bereaved. Wolfelt AD. BF 575 .G7 W855c 2012.
Dream New Dreams: Reimagining My Life After Loss. Pausch Jai. WI 200 P334d 2012.
Dying at Home: A Family Guide for Caregiving. Sankar A. WY 200 S227d 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.
Gifts of Healing: Prayers for Those Who Care for the Sick. Harper M. WB 885 H295 2005.
Hanging Out With Lab Coats: Hope, Humor and Help for Cancer Patients and Their Caregivers. Pedicone W. WP 870 P371h 2006.
Help Me Live: 20 Things People With Cancer Want You to Know. Hope L. QZ 200 H791h 2005.
Help Wanted: Caregiver: A Guide to Helping Your Loved One Cope With Serious Illness. Pinchot L. WY 200 P647h 2011.
How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers. Bemhard T. WY 200 B527h 2010.
It's in the Bag and Under the Covers: Stories of Dating, Intimacy, Sex, & Caregiving About People With Ostomies. Brenda Elsagher. WI 900 E49i 2011.
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.
May I Walk You Home? Courage and Comfort for Caregivers of the Very Ill. Hutchinson J, Rupp J. WY 200 H976 m 2009.
Medicine & Compassion: A Tibetan Lama's Guidance for Caregivers. Nyman C, Shim D. BQ 4570 M4 N994m 2004.
100 Questions & Answers About Caring for Family or Friends With Cancer. Rose S, Hara R. QZ 200 R79 2011.
Partners in Healing. Collinge W. WY 200 C711p 2008.
Passages in Caregiving: Turning Chaos Into Confidence. Sheehy G. WT 500 S539p 2010.
Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill. Capossel 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.
Take Care Tips: How to Care for Yourself While You're Taking Care of Others. Antkowiak J. WY 200 A633t 2009.
Things I Wish I'd Known: Cancer Caregivers Speak Out. Cornwall D. WY 200 C831t 2012.
A Time for Listening and Caring: Spirituality and the Care of the Chronically Ill and Dying.

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Puchalski C. WB 310 T583 2006.
Voices of Caregiving: The Healing Companion: Stories for Courage, Comfort and Strength. Healing Project. WY 200 V889 2009.
Walking on Eggshells: Caring for a Critically Ill Loved One. Sales A. WB 310 5163w 2012.
When the Man You Love Is Ill: Doing Your Best for Your Partner Without Losing Yourself. Lynn D. WY 200 L989w 2007.
When You're Ill or Incapacitated: 12 Things to Remember in Times of Sickness, Injury or Disability/When You're the Caregiver: 12 Things to Do if Someone You Care for Is Ill or Incapacitated. Miller JE. HV 1569 M648W 1995.

Video

Cancer and Marriage: Four Couples. The University of Texas MD Anderson Cancer Center. QZ 200 DVD 3840 2005.
Caring for the Cancer Patient: The Caregiver's Perspective. The University of Texas MD Anderson Cancer Center. QZ 200 DVD 2554 2004.

Websites

The University of Texas MD Anderson Cancer Center: The Anderson Network
http://www.mdanderson.org/andersonnetwork
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. Read the sidebar to view the list of available services.

Cancer*Care*
http://www.cancercare.org/get_help/special_progs/caregivers.php
Cancer*Care* is a national nonprofit organization that provides free professional support services to anyone affected by cancer, including people with cancer, caregivers, children, loved ones and the bereaved. Trained oncology social workers provide counseling, education, financial assistance and practical help.

Cancer Support Community
http://cancersupportcommunity.org/MainMenu/Family-Friends/Caregiving
The Cancer Support Community an international nonprofit organization dedicated to providing support, education and hope for all people affected by cancer. Access professionally facilitated online support groups and caregiver resources.

Caregiver.com
http://www.caregiver.com/
This website provides information, support and guidance for family and professional caregivers. It includes topic specific newsletters, online discussion lists, and back issues of Today's Caregiver magazine. The *Channels* tab links to a variety of caregiver specific topics.

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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 is available in Spanish and Chinese as well.

National Alliance for Caregiving
http://www.caregiving.org
The alliance is a non-profit coalition of organizations focusing on family caregiving. Although its focus is research and policy, this site contains a *Resource Clearinghouse* with information on a variety of topics for caregivers including medical conditions, hands-on skills for caregivers, legal and financial information, coping, community resources and more.

Caregiver Action Network (CAN) – formerly The National Family Caregivers Association
http://caregiveraction.org
The Caregiver Action Network 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 website 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.

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