

Cancer Resources for Caregivers

Caring for someone with cancer? We can help.

There has never been more support available to people at the frontlines of cancer caregiving. You just need to know where to look. We've rounded up some of the best resources for you in this point-and-click list. Take advantage of it — you deserve all the resources available to you!

If you want...

Contact...

Specific information on a diagnosis, updates on cancer research, and ways to donate to the cause

American Institute for Cancer Research:
aicr.org

To get active in advocating for caregivers at a government level

National Alliance for Caregiving:
1-301-718-8444

Free advice for managing your life throughout your loved one's treatment and recovery

American Cancer Society:
1-800-227-2345

To explore your options for local respite programs if your loved one is an older adult

National Family Caregiver Support Program:
1-800-677-1116

Friends and family members to have an easy way to help with meals and daily chores that doesn't require any coordination on your part

Lotsa Helping Hands
lotsahelpinghands.com

CANCER RESOURCES FOR CAREGIVERS

If you want...

Contact...

Help building lists of practical questions to guide conversations with doctors

Pocket Cancer Care Guide:
canceradvocacy.org/resources/pocket-care-guide

To navigate family dynamics with the help of a licensed marriage or family therapist

American Association for Marriage and Family Therapy: **1-703-838-9808**

To figure out if there are any programs or services near you that can help you get a break from caregiving

ARCH Respite Network
archrespite.org

Practical resources and information for longterm caregiving (e.g., how to conduct family meetings, how to acquire assistive equipment and more)

Family Caregiver Alliance/National Center on Caregiving: **1-800-445-8106**

Timely updates on medical research as well as information on clinical trials in which your loved one might be able to participate

National Cancer Institute (NCI): **1-800-422-6237**

To find assistance from organizations providing financial or practical help

Cancer Financial Assistance Coalition:
cancerfac.org

Knowing how to care for someone with cancer — and care for yourself in the process — isn't something that always comes easily. Use the resources above throughout the process. Remember: There's help for valuable cancer caregivers like yourself.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. This article is for your information and convenience only and does not replace the care or advice of a doctor. Always talk to your doctor before beginning any exercise program, therapy, or medication. The health information provided in this guide is general in nature and is not medical advice or a substitute for professional health care. UnitedHealthcare does not guarantee the accuracy or completeness of the information, and does not recommend or endorse the products which are referenced in the guide.

©2020 United HealthCare Services, Inc.

Y0066_SPRJ55103_C