

# Caring for a Loved One with Cancer

Caring for a loved one diagnosed with cancer is complex. Family First is here to help caregivers dealing with doctor's visits, nutritional needs, non-medical care, and even how to explain cancer to children and other family members.



## A Holistic Approach

Family First knows that as a caregiver to a loved one with cancer, you are a problem solver, a patient advocate, an appointment scheduler - and so much more. Family First can work with you and your family to balance all your responsibilities while taking care of yourself so that you can maintain your physical and mental wellbeing.

### Family First Helps Caregivers:

- + Develop a Caregiving Blueprint
- + Understand palliative care programs
- + Cope with exhaustion and stress
- + Find community-based support
- + Address mental health and prevent caregiver burnout