

# 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...

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

American Institute for Cancer Research:  
[aicr.org](http://aicr.org)

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To get active in advocating for caregivers at a government level

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

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

American Cancer Society:  
**1-800-227-2345**

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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**

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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](http://lotsahelpinghands.com)

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## CANCER RESOURCES FOR CAREGIVERS

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Help building lists of practical questions to guide conversations with doctors

Pocket Cancer Care Guide:  
[canceradvocacy.org/resources/pocket-care-guide](https://canceradvocacy.org/resources/pocket-care-guide)

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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**

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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](https://archrespite.org)

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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**

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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**

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To find assistance from organizations providing financial or practical help

Cancer Financial Assistance Coalition:  
[cancerfac.org](https://cancerfac.org)

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**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.**

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