

Metastatic Breast Cancer

MBCalliance➤

together we are stronger than the disease

ADVOCACY SLIDE DECK

SERIES 4 ➤➤➤

Information for Caregivers



MISSION

The mission of the Metastatic Breast Cancer Alliance is to extend life, to enhance quality of life, and to end suffering and death from MBC by advancing MBC research, improving access to quality treatments and care, empowering people through increased education and information about the disease, and access to available resources.

SERIES 4

Presentation Outline

- Caregiver Duties
- Caregiver Protections & Benefits
- Taking Care of the Caregiver
- Caregiver Emotions
- Healing Strategies for Caregivers
- Caregiver Voice

Have you agreed to be a caregiver for someone you care about who is living with metastatic breast cancer?

A caregiver has many duties, including

- Helping that person with daily activities
- Accompanying them to doctor's visits
- Preparing meals
- Coordinating needed care and services
- Offering emotional support
- Making calls concerning insurance coverage and medical bills
- Ensure paperwork is completed and know where it is, such as HIPAA forms, Advanced Health Care Directive, insurance information, and power(s) of attorney

Caregivers may have

access to protections and benefits, including:

- Protection against discrimination at work for being a caregiver through the Americans with Disabilities Act (ADA) and state fair employment laws
- Federal and state job-protected time off, state and local paid and unpaid leave
- Employer leave programs, including paid time off and co-worker donations of leave
- State Medicaid home care programs to get paid as a family caregiver
- Respite care programs for caregivers, including state or local programs and long-term care insurance

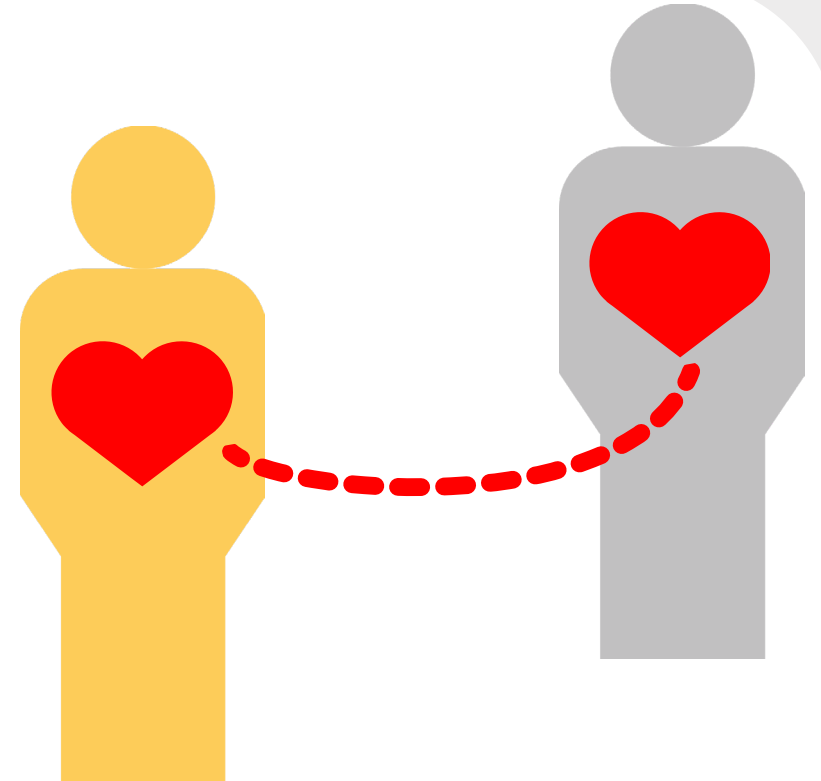
More information can be found at [TriageCancer.org/Guide-Caregiver](https://www.TriageCancer.org/Guide-Caregiver) and at the resources linked through the QR Code listed at the end of the presentation

Taking Care of the Caregiver

While your heart is in the right place as a caregiver, it is important for caregivers to take care of themselves, too

Why?

It is common for caregivers to focus on the needs of their loved one or friend who is ill and not tend to their own needs



Emotions Emerge During Caregiving

As time passes, you may begin to feel stressed and confused because of this new role and the changing needs of your loved one

Common emotional reactions of caregivers include

1. **Anger** - aimed at yourself, family members, or the person you are caring for
2. **Grief** - because of what is happening to your loved one's health or the time you had before becoming their caregiver
3. **Loneliness** - because no one understands your problems and what you are going through
4. **Fear** - about many aspects of caregiving and the person you are caring for, including fear about doing the right thing for that person

Addressing Caregiver Emotions

While such strong feelings are common, what can you do?

- Realize that you are not alone
- Talk with a family member, friend, or spiritual leader
- Your doctor or a social worker may also help
- Ask for help with caregiving duties. More help will also benefit your loved one who is ill
- Some people may not be able to help, but others will
- Find resources that may help, such as those at the National Alliance for Caregiving (www.caregiving.org/resources)

Healing Strategies for Caregivers

Actions for **Yourself**

- Doing something you like to do each day, no matter how small
- Connecting with friends, playing with kids or pets, walking, gardening, pursuing a hobby
- Whatever you do, don't neglect yourself!
- Consider joining a Caregiver Support Group so you can hear from other caregivers and share ideas



Healing Strategies for Caregivers

Actions for your **Body**

- Maintaining your health check-ups
- Eating right
- Taking prescribed medicines
- Getting adequate sleep
- Taking time to relax, rest, and exercise



Healing Strategies for Caregivers

Actions for your **Spirit**

- Going to religious or spiritual services
- Reading or listening to uplifting materials
- Talking to other caregivers for support
- Practicing meditation or meditative exercises





As a caregiver remember to...

- **Focus on your needs, too**
- **Care for yourself while caring for your loved one**
- **Make time for refreshing, resting and relaxing**



A Final Thought

Find balance in your life each day

Caregiver Voice



As a caregiver, I find myself in a position I never anticipated. My wife was diagnosed with MBC in 2015. Initially, my role was more intense because the impact of her treatment on her—Taxol in particular. Through the years, I've tried to lighten her load around the house as well as go to medical appointments as needed. Because my wife is a strong, independent person, giving up duties is not easy. I believe she sees it as a loss.

My wife is my life, and I will do whatever I can to care for her, but I do not want to make her feel she can't do things on her own. As her caregiver, I feel it is my responsibility to take on that daily load, day-by-day, as she feels it is time to relinquish things. She is a beautiful, strong, independent, and intelligent woman who wants to control her daily life as long as she is able.

It is my responsibility to care for her as she would me.

John, Caregiver

THANK YOU >>>
Questions?



For more information and
specific sources, visit:
<https://mbca.me/asd-series4>

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