

Sometimes asking for help is hard. You might feel like you want to do everything possible for your loved one, but taking care of someone with cancer can be a big job. Getting help from others may take some of the pressure off you so you feel less overwhelmed. In fact, about half (53%) of caregivers report that someone else has provided unpaid care to their loved one. Below are some tips on how you can approach your family and friends about helping out.

Say Yes

Don't be shy about saying yes and accepting help from others if they offer. This may be good for you and your loved one who may feel guilty about seeing you take on everything by yourself.

Sharing Caregiver Responsibilities

It may be helpful to have someone else help you care for your loved one. Involving another family member in some of the decision-making and supportive actions may be a way to start. Reminding one another that you are all on the same team may also help reduce conflicts.

Make a List and Be Specific

Make up a list of activities that others can sign up for, such as getting groceries, doing laundry, mowing the lawn, walking the dog, making meals, running errands and spending time with your loved one. You may find that family and friends are eager to pitch in once you tell them exactly what you need.

Use Online Tools

There are some good resources online that allow your friends and family to get involved in taking care of your loved one. The American Lung Association has a tool at lotsahelpinghands.com where caregivers can post tasks with which they need help and send out a link so people can sign up. At mealtrain.com, friends and family members can sign up to provide meals for loved ones.

Be Honest

In the beginning, family and friends may want to come visit and spend time with you and your loved one to show they care. Sometimes, it might feel overwhelming to have so many people around at once. It's OK to be honest with your family and friends and tell them you and your loved one need some down time.



The "Your Journey Together" Program was created by Celgene Corporation in collaboration with LUNgevity Foundation for caregivers of people with lung cancer. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your loved one's healthcare team for questions you have about managing your loved one's condition.

