

Cancer Affects More than Just the Person Diagnosed...

As a caregiver, you may become the link between your loved one and the rest of your family and friends. Communicating information, answering questions, and understanding the concerns had by other family members and friends can be a lot to juggle. Below are some tips to help.

Know What to Share

Discuss with your loved one what he or she would like family and friends to know and if you should be the one to relay that information to them. Ask your loved one how much you can share about his or her lung cancer, including treatment options, doctor appointments and how it is impacting your daily lives.

Try to Accept All Reactions

Some people may have strong emotional reactions to the news and others may not. Each time you tell someone, you might get a different and even unexpected reaction. While this can be hard on you, everyone deals with a cancer diagnosis differently. Express to your family and friends how their reactions affect you and your loved one. Set communication boundaries and share news and updates at a time and place that is comfortable for you and your loved one.

Call a Meeting

One way to keep everyone informed is to have a family meeting, in person or by a group telephone call. Some of the things that may be covered are: the latest report from the doctor, sharing of feelings and concerns, financial matters and what sort of support the main caregiver needs from everyone else.

Know Your Family

Every family has a history that affects each person's role within the family, how members relate to each other and how they deal with illness. Try to be understanding of these individual differences. You may want to talk with a social worker or other professional about how to bring up difficult subjects with your family. You can ask your primary care physician for recommendations.

Do Digital Updates

If you are comfortable, you can consider sharing important updates with your family and friends about your loved one's condition on social media. If you prefer something more private, you can use e-mail, or set up a password-protected website where you can invite specific friends and family members to view your updates and photos at caringbridge.com.



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.

