

Self-Care Resources

Internet version of this handout with active resource links at: <http://cancer-help.me/self-help>

At some point in your cancer experience, you may need help doing what you used to be able to do yourself.

- Needing assistance may arise as a result of not feeling well because of the cancer itself or the cancer treatment.
- Ask your care provider if you do not have a clear understanding how your cancer diagnosis or treatment may affect your abilities to care for yourself.

Resources for help may include:

- Asking your friends and family how they can best support you.
 - Different people can provide different types of care. Saying “you’ve offered to help, could you _____?” Can they provide something concrete like lawn care or dog-walking. People typically like to feel useful and usually mean it when they say to let them know if you need anything.
 - Invite people to become part of your caregiving network. It is sometimes helpful to let people know specifically what kind of help you need (e.g., bringing a meal you would prefer/can tolerate, driving you to your treatment appointment, lawn work, house care, transporting children).
 - Sometimes it’s easier to leave the organizing to someone else if possible. No matter if you do it or another, your community will appreciate knowing exactly what – and how – you need to be supported. There are online tools to help do this, see below for resources.
 - Expand your circle of people. For example, who among your neighbors can you call to ask for help? Co-workers or club members? Do you belong to a church, temple, mosque, or other type of spiritual community who’s members may offer assistance?
 - Accept all offers of help. Then make the most of that help.
- Talk to a hospital social worker or patient navigator for possible resources for help or about planning for short or long-term care if needed.
- See Resources for Additional Information below for possible assistance
- However you do it, taking the time to care for yourself, or finding the right help to take good care of yourself is important. Self-care is a necessary part of your overall well being.

Adapted from: CancerCare®, **Coping With Cancer When You’re On Your Own: How to Get the Support You Need**
https://www.cancer-care.org/publications/265-coping_with_cancer_when_you_re_on_your_own_how_to_get_the_support_you_need

Websites for communicating, organizing help and support

- [➤ My Cancer Circle](#)
- [➤ CaringBridge](#)
- [➤ Take them a meal](#)
- [➤ PostHope](#)
- [➤ MyLifeLine](#)
- [➤ CaringBridge \(Spanish\)](#)
- [➤ Meal train](#)
- [➤ Lotsa Helping Hands](#)

Resources for Additional Information:

- [Coping With Cancer When You’re On Your Own: How to Get the Support You Need](#)
- [American Cancer Society, Support Programs and Services in Your Area](#)
- [Cancer Support Community](#)
- [Family Caregiver Alliance®](#)
- [Care.com](#)
- [The Catholic Charities, Get Help](#)
- [Ill Dept of Human Services, Home Services Program](#)

Información Española

- [American Cancer Society, Cuidado y apariencia personal durante el tratamiento](#)