

# Caregiving



UCSF Helen Diller Family  
Comprehensive  
Cancer Center

The **UCSF Patient and Family Cancer Support Center** is the hub of support, information and resources for people with cancer at the **Helen Diller Family Comprehensive Cancer Center**. Learn more about UCSF's supportive care programs at <https://cancer.ucsf.edu/support/crc/patient-support-center>

The **Cancer Support Center at Mission Bay** is located at 1825 4th St., 1st Floor, Room M-1210. The **Cancer Support Center at Mt. Zion** is located at 1600 Divisadero St., 1st Floor, Room B-101.

The complete list of "Coping with Cancer" resources are available to view at <http://cancer.ucsf.edu/support/crc/patient-education-resources>

## Overview

We recognize that the diagnosis of cancer can affect your life in many ways — both emotionally and physically — as well as the lives of the family and friends who care for you. We have compiled a guide of resources to help you better cope with your condition. Here you can find information for yourself, as well as for your family, friends and caregivers, on topics such as legal resources, prescription assistance, information for parents with cancer and information for caregivers. We hope this guide provides you with some comfort and support during this difficult time.

<https://www.ucsfhealth.org/education/brain-tumor-patient-and-family-resource-guide>

## UCSF Resources

UCSF Patient Education – Caregiver Information

<https://www.ucsfhealth.org/education/caregiver-information>

## Publications

**American Cancer Society:**

“Caregivers and Family”

Website: <https://www.cancer.org/treatment/caregivers.html>

“Caregivers Resource Guide”

Website: <https://www.cancer.org/treatment/caregivers/caregiver-resource-guide.html>

**CancerCare:**

CancerCare provides free, professional support services for caregivers and loved ones, as well as caregiving information and additional resources.

Website: <https://www.cancercare.org/tagged/caregiving>

## **Cancer Support Community:** (scroll down to find titles on web page)

“Support from a Distance”, “Caregivers” and “Caregiver Guide, Spanish Edition”

<https://orders.cancersupportcommunity.org>

## **Help For Cancer Caregivers**

Caregiver Burnout and Stress - What is caregiver stress and burnout?

Website: <https://www.helpforcancer caregivers.org/content/caregiver-burnout-stress>

## **National Cancer Institute:**

“When Someone You Love Is Being Treated for Cancer”

<https://www.cancer.gov/publications/patient-education/when-someone-you-love-is-being-treated>

“When Someone You Love Has Completed Cancer Treatment”

[www.cancer.gov/publications/patient-education/someone-you-love-completed-cancer-treatment](http://www.cancer.gov/publications/patient-education/someone-you-love-completed-cancer-treatment)

“When Someone You Love Has Advanced Cancer”

<https://www.cancer.gov/publications/patient-education/when-someone-you-love-has-advanced-cancer>

## **Organizations**

### Family Caregiver Alliance

FCA provides an array of services including information, education, in-person and online support groups, family consultants, research and advocacy to support families who are caring for loved ones with chronic and disabling conditions. Fact sheets cover a topic ranging from legal issues to family dynamics. Some fact sheets are available in Spanish, Chinese, Korean and Vietnamese.

Website: [www.caregiver.org](http://www.caregiver.org) Phone Number: 800-445-8106

### Livestrong

Cancer doesn't only affect the person with cancer; it affects the lives of the people who surround them as well. Whether you're a caregiver to your child or partner, a family member or a loved one, we provide emotional support and other resources for you

Website: <https://www.livestrong.org/we-can-help/caregiver-support>

Phone Number: 855-220-7777

### National LGBT Cancer Network - LGBT Caregivers

The National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk by: EDUCATING the LGBT community about our increased cancer risks and the importance of screening and early detection; TRAINING health care providers to offer more culturally-competent, safe and welcoming care; and ADVOCATING for LGBT survivors in mainstream cancer organizations, the media and research.

Website: <https://cancer-network.org/cancer-information/lgbt-caregivers>

Phone Number: 212-675-2633

*This information is intended to offer credible and reliable education resources for patients who want to learn more about their diagnosis. It is not intended to be a comprehensive list of all resources available.*