

CAREGIVERS:

TAKING CARE OF A
LOVED ONE WITH
CANCER CAN BE
CHALLENGING,
DIFFICULT AND
EXHAUSTING

FIND HELP TODAY



THE FIREFLY
SISTERHOOD

www.fireflysisterhood.org

LOCAL RESOURCES



- [Angel Foundation](#): Facing Cancer Together offers support for children and families in which a parent has cancer or is a cancer caregiver.
- [Brighter Days Grief Center](#): for caregivers anticipating/experiencing the loss of a loved one.
- [Gilda's Club Twin Cities](#): support programs for anyone impacted by cancer, including survivors, caregivers, family, and friends.
- [Jack's Caregiver Coalition](#): support and events for spouses who are cancer caregivers.
- [Pathways](#): holistic health events, classes, and sessions for caregivers.

- [CancerCare](#): free caregiving online support, podcasts, and information by cancer type.
- [Caregiver Action Network \(CAN\)](#): resources, forums, and more for caregivers.
- [Family Caregiver Alliance](#): *Taking Care of YOU Self-Care for Family Caregivers* article.
- [National Cancer Institute](#): Information on being a caregiver, taking care of yourself, and long distance caregiving.
- [Springboard Beyond Cancer](#): resources for caregiver "self-management."

ONLINE RESOURCES



CAREGIVERS: YOU'RE NOT ALONE



THE FIREFLY
SISTERHOOD

www.fireflysisterhood.org/blog

Firefly Sisterhood interviewed many people for our Caregiver Blog Series (click on each photo to read the entire blog), and we've learned that caregiving is a labor of love. Love that is real, raw, and doesn't always feel good. Love that looks like:



Debbie's*: She's an adult taking care of her parents with cancer.

"It was extremely challenging to keep my head on right while working full time, maintaining my home life, and trying to stay healthy while getting very little sleep, eating very poorly, and putting most of my relationships on hold."

Read about adult children as caregivers for their parents [HERE](#).



Kara's*: Because her mom was a single parent, their roles reversed.

"I started having to learn how to cook, and I had to take not only my own chores on but her chores. . . . It was always hard and very stressful."

Listen to young children and teens share their experience as caregivers [HERE](#).



Jayden's*: Her newborn baby "just didn't look right."

At 10 weeks old, her baby was diagnosed with Stage IV neuroblastoma and Jayden confesses, "I kind of lost myself and either became numb or couldn't stop crying."

Read how traumatic it is to parent a baby or young child diagnosed with cancer [HERE](#).



Emma's*: Her daughter has a job, kids, a husband, and Stage IV cancer.

To cope, Emma has joined her daughter for therapy sessions and keeps a journal where she can express her thoughts and frustrations and "get rid of them." Emma admits, "I never want to read it again."

Read about parents as caregivers to their adult children [HERE](#).



Chris*: Cancer became like a third child in their marriage.

This third child—his wife's cancer—"was super needy, very unpredictable and could be the biggest pain in the (butt)."

Read how cancer changes day to day life for a spouse caregiver [HERE](#).



Cindy's*: Her marriage changed dramatically.

"Nobody talks about the physical intimacy issues, and that just wasn't there—my husband just didn't have the energy for it."

Read how cancer causes changes in self and marriage [HERE](#).



Jane's*: she finds herself in situations she never could have imagined.

"I have seen Karen with her shirt off after surgeries and I've stripped her drain tubes. I've helped her write her healthcare directive and living will."

Read how friends navigate caregiving [HERE](#).

*Names have been changed to protect confidentiality.