



Tips and Resources

The term “caregiver” refers to someone in an informal, unpaid role who cares for and supports a loved one; in this case, with prostate cancer. **Empowering yourself with knowledge, resources, and tools for self-care can help you in your role as a caregiver.**

MEDICAL CARE

If you feel comfortable, participate in conversations with your loved one and their doctors. Understanding the diagnosis, treatment, and side effects can help you and your loved one feel more confident.

- Take a list of questions for the doctor. Visit [zerocancer.org/questions-for-your-doctor](https://www.zerocancer.org/questions-for-your-doctor) for ideas.
- Take notes at appointments, or ask to record with your phone, if you can.
- Ask the doctor to write down terms or medications that are difficult to pronounce or spell.
- Seeking a second opinion or seeing multiple professionals (urologist, oncologist, radiation oncologist) is common and may help in the treatment decision-making process.
- Find out if a clinical trial is an option. You can find more information and search for clinical trials at [zerocancer.org/clinicaltrials](https://www.zerocancer.org/clinicaltrials).

CARE TOGETHER

A loved one’s prostate cancer diagnosis can be overwhelming. It is important to communicate and support each other through treatment and beyond.

- Listening to your loved one may be the most valuable thing you can offer.
- Discuss which decisions you should make together.
- Make time for each other, such as scheduling dates or sharing a daily meal or walk.
- Consider counseling for you and your loved one, to strengthen your relationship.
- If you are the spouse or intimate partner of someone with prostate cancer, challenges with intimacy are common. Consider speaking with a sexual health professional.

SELF-CARE

Your role as a caregiver can be stressful and time-consuming. It is important to take care of yourself.

- Take time to relax and find enjoyment daily.
- Acknowledge your feelings. Get support, whether it is through a support group, an online forum, a spiritual leader, counselor, or therapist.
- Take care of your physical health: prioritize sleep, eat healthy, exercise, and keep up to date on your medical needs.
- Ask for and accept help. Use resources such as [caringbridge.org](https://www.caringbridge.org) or [lotsahelpinghands.com](https://www.lotsahelpinghands.com) to communicate updates and needs.

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ACTIVITY	DAILY	WEEKLY	MONTHLY
Do something active you enjoy (walk, yoga, etc.)			
Eat a healthy snack			
Take a moment to relax (meditate, pray, listen to music, etc.)			
Plan a fun activity together			
Prepare a healthy meal together			
Update medical appointments in a calendar			
Update list of medications, dosages, & schedules			
ADD YOUR OWN!			

CAREGIVER RESOURCES

- **ZERO®360 Patient Helpline** zerocancer.org/zero360 – case managers help patients and families navigate insurance, find financial resources, and connect with emotional support services. Call **1(844) 244-1309**.
- **ZERO® Support Groups** zerocancer.org/supportgroups – peer-led virtual and in-person groups offering emotional support, resources, and education.
- **Inspire** zero.inspire.com and **ZERO® Connect** facebook.com/groups/zeroconnect – online communities for patients, survivors, and caregivers to ask questions and connect.
- **CancerCare** cancercares.org – support services for cancer patients and caregivers.
- **Cancer Support Community** cancersupportcommunity.org – support services for cancer patients and caregivers.
- **Imerman Angels** imermanangels.org – one-on-one peer support for cancer patients, survivors, and caregivers.
- **Triage Cancer** triagecancer.org – education on legal and financial issues that may impact individuals diagnosed with cancer and their caregivers.

For more information and resources for caregivers and loved ones of someone with prostate cancer, go to zerocancer.org/caregivers.

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