Care for the
Prostate Cancer Caregiver

As a caregiver, you are more than someone who helps—you are a trusted partner in your loved one's cancer journey. These tips and resources can help you feel more confident and prepared.

Caregiving Action Steps: What You Can Do

Go to Doctor Visits One of the best ways to learn about prostate cancer is by attending health care visits. This helps you both understand what is happening.	• Write down questions before visits (find questions at zerocancer.org/questions-for-your-doctor) • Take notes or record the visit • Ask the doctor to write down hard medical words • Ask about side effects and clinical trials • You can see more than one doctor—this is normal
Caring Together You don't have to have all the answers - be present, listen, and support each other.	• Listen to your loved one and give them space when needed • Make decisions together • Spend time together every day • Think about talking to a counselor • If you are partners, ask the care team about intimacy—there is help available
Taking Care of You Being a caregiver is hard work. Make your well-being a priority so you can care for yourself and others.	• Do something you enjoy every day • Talk about your feelings with family, friends, or a support group • Get enough rest and sleep • Eat healthy foods and exercise • See your own doctor • Ask friends and family for help with meals, rides, and tasks

ZERO® PROSTATE CANCER

zerocancer.org | 24/7 support in the palm of your hand. **Text ZACH** at 1-844-660-9376.

Caregiver Checklist: Taking small steps can make a big difference.

Use the chart below to help you get started.

ACTIVITY	DAILY	WEEKLY	MONTHLY
Do something active (walk, yoga, exercise, garden)			
Eat a healthy snack			
Take time to relax (read, nap, meditate, pray)			
Plan something fun together			
Meet with friends			
Make a healthy meal together			
Write down health care appointments and questions			
Make a list of all medicines			

Help and Support

ZERO360 Helpline: zerocancer.org/zero360

- Call: 1-844-ZERO360 (937-6360)
- Case managers help with insurance, connect to financial resources, and other support

Support Groups: zerocancer.org/supportgroups

- Meet with other caregivers online or in-person

Online Groups

- Caregiver group: **facebook.com/groups/2286778125084721**
- General prostate cancer group: **zero.inspire.com**
- Ask questions and get support

For more information and more tips for caregivers and families: **zerocancer.org/caregivers**. Or, scan the QR code.