



Prostate Cancer Caregiving and COVID-19

Prostate cancer caregivers play an important role in the prostate cancer journey. With the added uncertainty of the COVID-19 outbreak, caregivers are experiencing additional concern around keeping themselves and their loved ones healthy, changes in healthcare facility policies and restrictions, and making sure they are incorporating self-care while social distancing.

There are tools that can be used to manage the combination stress of the pandemic and caring for a loved one with prostate cancer.

- What can I do to manage my stress during the COVID-19 outbreak?
 - Think about your history: What did you do before COVID-19 that helped to manage your stress? Use your past successes as a starting point.
 - Focus on the present. Give yourself permission to pause and identify something you do have control over. Take the “what if” and re-frame it to think about the “what now.”
 - Create a routine or schedule that allows you a few extra minutes for self-care or provides an opportunity for you to simultaneously do an activity that brings you joy while completing a daily task.
- How can I best keep myself and my loved one healthy?
 - Information can combat fear. Know the recommendations of the country, state, and county where you and your loved ones live.
 - Share your questions and concerns with the medical team to clarify the precautions that they are taking at the facility and what they recommend that you do.
- What if I start to develop symptoms of COVID-19 and have to self-quarantine?
 - Create a plan now, so that it is ready later.
 - To start this plan, make a list of all of the things that you do throughout the day.
 - Think of the “Who, What, When, Where, Why” questions.
- My loved one is having telemedicine appointments. I have concerns about him not seeing a doctor in person or I am a caregiver that doesn't live with him so I can't be present for the appointment, what can I do?
 - Create a list of your questions and concerns beforehand that you or your loved one can share with the doctor during the telemedicine appointment.
 - If there is not time for all of your questions, ask the medical team if there is a nurse line that you can call or a way to electronically submit your questions.
- I can no longer accompany my loved one to his treatment, how can I stay involved?
 - Have him use technology to enable you to be part of treatment by sharing step-by-step descriptions of his appointment. The medical team can explain any phone restrictions during treatment.