

Taking care of others

This information is about taking care of others when you have cancer. This may be:

- a partner
- parent
- a child
- someone else.

If you have cancer and are also taking care of someone else, you may both feel stressed. You may be worried that you will not be able to manage.

It can be hard to know if you are getting all the help that is available to you. Doctors and nurses are a good source of information to help you with caring. It is important to remember that you do not have to cope on your own.

Tips when taking care of others

- Having a good support network can make a big difference. Think about the sort of help you might need from your family members, friends or a local support group.
- Make sure you involve the person you care for when asking for help.
- Try making a list of things you need help with. You can then tell people how they can help.
- Write down the contact details of the professionals you meet, in case you need to contact them.
- As a carer, try to be honest with healthcare professionals about what is happening. They can then give you the support.
- The GP is responsible for the healthcare of the person you are caring for at home. There are also community health and social care professionals who can offer support.
- A social worker can assess the practical and social help you both need. They are also trained in counselling and giving emotional support.
- The GP, cancer doctor or a nurse involved in the person's care can arrange a referral to a social worker.
- Ask the social worker for an assessment of your needs. This is called a carer's assessment.
- Your carer's assessment may show that you can get support from social services. You may be able to get direct payments from the council. This means they give you money for you to organise care services.
- You may be able to get NHS Continuing Health Care (CHC) if the person you are caring for needs ongoing care in their own home. Ask a health or social care professional how to apply for this.

Local resources:

Resource	Contact details

National resources:

Resource	Contact details
<ul style="list-style-type: none"> • Citizens Advice • Carers UK • Carers Trust 	<ul style="list-style-type: none"> • www.citizensadvice.org.uk • www.carersuk.org Tel 0808 808 7777 (England, Scotland, Wales) 0289 043 9843 (Northern Ireland) • www.carers.org Tel England 0300 772 9600, Scotland 0300 772 7701, Wales 0300 772 9702, Northern Ireland 07826 930508

Further information

macmillan.org.uk/cancer-information-and-support/treatment/coping-with-treatment/cancer-and-your-emotions

Our booklets and leaflets are available to order free on be.macmillan.org.uk

- **Looking after someone with cancer**
- **Looking after someone with cancer CD**

More information and support

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm, or visit macmillan.org.uk

Deaf or hard of hearing? Call using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app. Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

We produce information in a range of formats and languages. To order these, visit macmillan.org.uk/otherformats or call our support line.