



CARING FOR SOMEONE WITH CANCER FACILITATOR'S GUIDE

"Good, reliable caregiver support is crucial to the physical and emotional well-being of people with cancer. When caregivers can worry about the details, patients can concentrate on their fight."

-American Cancer Society

PURPOSE/BACKGROUND

Many of today's cancer treatments are provided at outpatient centers instead of hospitals. So more patients, even those who are actively sick, can be at home where they may need day-to-day care and support (American Cancer Society, 2019). As a patient's needs change with the course of the disease and/or treatment, it is common for caregiver roles to evolve. As a result, a primary cancer caregiver may wear many hats. They may serve as a companion, home health aide, chauffeur, chef, housekeeper, financial manager, or appointment maker. This lesson will help caregivers prepare for the changing emotional and physical demands of cancer caregiving and highlight ways to take care of yourself.

TARGET AUDIENCE

People of all ages and abilities who have been touched by cancer are encouraged to attend this lesson.

OPTIMAL GROUP SIZE

This lesson can accommodate both small and large groups as well as in-person or virtual audiences, including a hybrid face-to-face and virtual option.

ESTIMATED PROGRAM TIME

15 to 60 minutes, depending on group discussion

LESSON OBJECTIVES

After this program, participants will be able to:

- Explore the emotional and physical demands of cancer caregiving
- Develop a learning agenda (about a diagnosis, disease, side effects)
- Ask useful questions of health-care providers and cancer caregiving teams
- Say appropriate things to someone living with cancer
- Do appropriate things for someone living with cancer
- Address caregiver self-care

PLAN FOR THE PROGRAM

This lesson highlights cancer caregiving in terms of preparing a caregiver for the role. The lesson materials and presentation plan are straightforward. The PowerPoint presentation includes slides and a script with information adapted from the American Cancer Society and the Cancer Treatment Centers of America. The slides serve as a visual aide and the “notes” section of the presentation includes a script that will help presenters with content delivery and ideas for group discussion and audience participation. To supplement the presentation, the American Cancer Society has a resource guide that you can order and distribute to participants. A post-lesson evaluation aims to measure program satisfaction, knowledge, and behavior intentions. A three-month follow-up evaluation helps to assess behavior change. In addition, the lesson includes two supplemental Extension publications.

LESSON MATERIALS AND REQUIRED SUPPLIES

- Sign-in sheet
- PowerPoint presentation
- Facilitator script (in PowerPoint notes sections)
- Evaluation tool (post-lesson evaluation AND a three-month follow-up evaluation)
- Handouts
 - PowerPoint – can be printed as a handout
 - American Cancer Society resource guide: Caregiver Resource Guide: Caring for a Loved One with Cancer (order directly (1-800-227-2345 or print the PDF from website: <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/american-cancer-society-caregiver-resource-guide.pdf>)
- 2 FCS supplemental publications
 - FCS8-121 Interacting with Someone with Cancer
 - FCS8-122 Caring for Someone with Cancer
- Laptop, projector, screen, internet connection (depending on face-to-face or virtual delivery)

PREPARATION

In-Person

- Familiarize yourself with the content: review the publication, PowerPoint presentation (including the script and discussion questions), post-lesson evaluation questions
- Market the lesson through various channels (word of mouth, newsletter, radio, social media, etc.).
- Reserve a room and equipment needed for the program.
- Print sign-in sheet
- Print copies of the publication, PowerPoint slides as handouts (optional), and post-lesson evaluation.
- Gather pens and pencils for completion post-lesson evaluation.

Virtual

- Familiarize yourself with the content: review the publication, PowerPoint presentation (including the script and discussion questions), post-lesson evaluation questions
- Develop plan for online implementation (e.g. Zoom, Facebook Live, Google Classroom), including an online registration procedure.
- Market the lesson and share log-in information with interested and registered individuals.
- Email or mail the publication and any other necessary handouts.
- Establish whether an online survey is required for the evaluation or if paper copies will be mailed and returned.

PROGRAM PROCEDURE

- Welcome audience. Introduce yourself and thank everyone for coming.
- Remind participants to sign in on the attendance and evaluation follow-up roster.
- Distribute program handouts (PowerPoint, publications, and resource guide if you have it).
- Begin the PowerPoint presentation and follow the lesson script and discussion.

*Extension specialists Norman-Burgdolf, Kostelic, Ashurst, and Jones will analyze data and distribute county reports.

EVALUATION

Distribute the evaluation tool at the completion of the program OR share the online link. Allow approximately 5-10 minutes. The results will inform a success story. If you need a Qualtrics link for an online evaluation, please contact Dr. Heather Norman-Burgdolf.

(In-person) Collect the evaluations and mail roster and evaluations to:
Heather Norman-Burgdolf, Assistant Extension Professor at heather.norman@uky.edu or
118 Funkhouser Building, Lexington, KY 40506

*Online evaluation will be automatically returned to Dr. Norman-Burgdolf

**Collected data will be analyzed and distributed for individual county reports

MARKETING

This lesson includes a marketing flyer you can distribute to community partners and/or post to social media accounts.

Newspaper/Newsletter

1. As a cancer patient's needs change with the course of the disease and/or treatment, it is not uncommon for caregiver roles to evolve. As a result, a primary cancer caregiver may wear many hats. They may serve as a companion, home health aide, chauffeur, chef, housekeeper, financial manager, or appointment maker. This lesson will help caregivers prepare for the evolving emotional and physical demands of cancer caregiving and highlight ways to take care of oneself.
2. The _____ County Extension Office will be hosting a program titled, *Kick Kentucky Cancer* on INSERT DATE, TIME, and LOCATION and ADDITIONAL DETAILS IF OFFERING THE CLASS VIRTUALLY. Join us for this specific lesson on cancer caregiving. You will learn about and discuss the many hats a cancer caregiver may wear over the course of the disease and/or treatment. This lesson will provide tips about being a companion, home health aide, chauffeur, chef, housekeeper, financial manager, and appointment maker. This lesson will help caregivers prepare for the evolving emotional and physical demands of cancer caregiving and highlight ways to take care of oneself.

Social Media

You are not alone if you are a cancer caregiver. Join us at the _____ County Extension Office on INSERT DATE and TIME to talk about the many hats a cancer caregiver wears over the course of the disease and/or treatment. This lesson will help caregivers prepare for the evolving emotional and physical demands of cancer caregiving and highlight ways to take care of oneself.

ADDITIONAL EXTENSION RESOURCES

Podcast Episodes

Caring for Someone with Cancer—Recorded August 19, 2021 (Amy and Mindy)

Interacting with Someone with Cancer—Recorded August 19, 2021 (Shelia Fawbash, Amy, & Mindy)

Cancer and Spirituality (Nov. 11, 2021)

<https://podcasts.apple.com/us/podcast/cancer-and-spirituality/id1396511320?i=1000541524720>

Prioritizing Your Mental Health After a Cancer Diagnosis (Nov. 8, 2021)

<https://podcasts.apple.com/us/podcast/prioritizing-your-mental-health-after-a-cancer-diagnosis/id1396511320?i=1000541132993>

Music for Your Health (Oct. 11, 2021)

<https://podcasts.apple.com/us/podcast/music-for-your-health-music-therapy/id1396511320?i=1000538237520>

After the Cancer Diagnosis—Now What? (August 12, 2021)

<https://podcasts.apple.com/us/podcast/after-the-cancer-diagnosis-now-what/id1396511320?i=1000531835463>

Talking with Children About Cancers (July 15, 2021)

<https://podcasts.apple.com/us/podcast/talking-with-children-about-cancer/id1396511320?i=1000528991669>

Sexual Health and Cancer (June 10, 2021)

<https://podcasts.apple.com/us/podcast/sexual-health-and-cancer/id1396511320?i=1000524966542>

*Family Caregiver Healthcare Bulletins
Cancer Etiquette. (In editing).*

Gratitude Reduces Caregiver Stress (2021)

<https://fcs-hes.ca.uky.edu/files/1121-healthbulletin-familycaregiver.pdf>

The Power of Anticipatory Grief (2020)

<https://fcs-hes.ca.uky.edu/files/0320-health-bulletin-family-caregiver-ar.pdf>

Uncooperative Care Recipients (2020)

<https://fcs-hes.ca.uky.edu/files/0220-health-bulletin-family-caregiver-ar.pdf>

Join a Caregiver Support Group (2019)

<https://fcs-hes.ca.uky.edu/files/0719-health-bulletin-family-caregiver-ar.pdf>

How to Manage Stress (2019)

<https://fcs-hes.ca.uky.edu/files/0619-health-bulletin-family-caregiver-ar.pdf>

How to Avoid Becoming a 'Bully' Caregiver (2019)

<https://fcs-hes.ca.uky.edu/files/0419-health-bulletin-family-caregiver-ar.pdf>

When Someone you know has cancer (2019)

<https://fcs-hes.ca.uky.edu/files/0219-health-bulletin-family-caregiver-ar.pdf>

Caregiving with Siblings

<https://fcs-hes.ca.uky.edu/files/0119-health-bulletin-family-caregiver-ar.pdf>

Relevant Information Releases

Cancer Etiquette. (In Editing)

Writing through Grief (2022)

<https://fcs-hes.ca.uky.edu/content/writing-through-grief>

Dealing with Anxiety and Stress Using Mindfulness and Your 5 Senses in 5 Minutes (2021)

<https://fcs-hes.ca.uky.edu/content/dealing-stress-and-anxiety-using-mindfulness-and-your-5-senses-5-minutes>

Recognizing Complicated Grief (2021)

<https://fcs-hes.ca.uky.edu/content/recognizing-complicated-grief>

What is Your Super Power? (2021)

<https://fcs-hes.ca.uky.edu/content/what-your-superpower>

How to Help When Someone you Care About is Sick (2020)

<https://fcs-hes.ca.uky.edu/content/how-help-when-someone-you-care-about-sick>

Stop Asking WHAT You Can Do and Just Do It: Caring for Caregivers

<https://fcs-hes.ca.uky.edu/content/stop-asking-what-you-can-do-and-just-do-it-caring-caregivers>

Empathy (2020)

<https://fcs-hes.ca.uky.edu/content/empathy>

Mental Health and Cancer Diagnosis (2020)

<https://fcs-hes.ca.uky.edu/content/mental-health-and-cancer-diagnosis>

Successful Sleeping (2020)

<https://fcs-hes.ca.uky.edu/content/successful-sleeping>

Caregiver Self-Care (2020)

<https://fcs-hes.ca.uky.edu/content/caregiver-self-care>