



# Compassionate Caregivers: Navigating Cancer's Challenges



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The Foundation for Women's Cancer will launch a new series in August 2023 aimed at helping caregivers support loved ones by becoming active participants in the care team, confidently discussing stigmatized elements of gynecologic cancer, gaining skills to balance time and prioritize their own mental health, and more.

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**The series will consist of six modules:**

**Module 1 – The Journey Begins**

**Module 2 – A Continuing Journey**

**Module 3 – Staying the Course**

**Module 4 – Navigating Relationship Changes**

**Module 5 – Staying Afloat**

**Module 6 – Dancing With NED**

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## MODULE 1

### **The Journey Begins**

This module will start at their cancer diagnosis: what initial exams to expect, what certain results may mean, what types of doctors you will be meeting, how to build a relationship with the doctors, how to be present at appointments, and how to show up for your person.

- Observe the diagnosis experience from a patient's perspective and pay attention to both spoken and unspoken reactions.
- Recognize the importance of reflecting on and processing your reactions, feelings, and thoughts.
- Identify productive methods for communicating with and showing up for your loved one.
- Explore ways you can get involved from the beginning of your loved ones' treatment journey while maintaining your own self-care.
- State the types of providers and treatment team members you will likely interact with and what they do.

## MODULE 2

### **A Continuing Journey**

This module will discuss all things before, during, and after common surgeries.

- Identify the components of gynecologic anatomy to get comfortable discussing these body parts.
- Develop a pre-operative plan to get your questions answered by doctors and ease your loved one's recovery process.
- Discuss your loved ones' post-surgical personal care needs and prepare to provide support.
- Recognize common post-op complications.

## MODULE 3

### **Staying the Course**

This module will introduce the basics for the different types of therapies and expected side effects.

- Review common treatments your loved one might encounter for treating gynecologic cancer.
- Download and review guides for helping your loved one manage common symptoms.
- Plan and provide support to your loved one through treatment.
- Recall tactics to combat caregiver fatigue.

## MODULE 4

### **Navigating Relationship Changes**

This module reviews ways to have conversations with your loved one about each other's needs and for checking in with each other regularly as needs change.

- Changes you've observed in your relationship.
- Discover common factors that impact your personal relationship during cancer treatment.
- Practice tactics for improving communication with your loved one.
- Recall the factors that impact sex & intimacy issues and recognize the importance of discussing intimacy with your partner.

## MODULE 5

### **Staying Afloat**

This module reviews how to care for yourself while caring for another so you can show up for them fully. For example, tips on how manage guilt and high expectations of yourself.

- Reflect on the importance of building and relying on a support network.
- Discover resources to support your caregiving journey.
- Compile and organize relevant resources to be able to find them when you them.

## MODULE 6

### **Dancing With NED**

This module reviews the path to recovery and things to note for surveillance.

- Recall the differences between NED (no evidence of disease), remission, surveillance, survivorship, and recurrence.
- Recognize some common challenges of returning to "normal" life and living with the new.
- Review what surveillance is and some key factors to be aware of.
- Discover ways to grow from living with uncertainty to living for the now.