



Caring for someone with cancer

Cancer Council



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



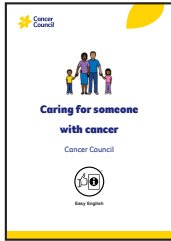
- find more information.

We will write contact information at the end of this book.

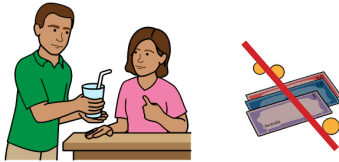
About this book



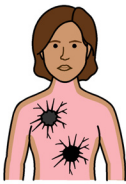
This book is from Cancer Council.



This book is about **being a carer** of someone with **cancer**.

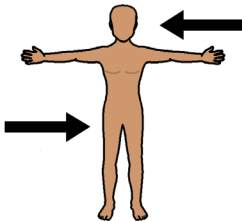


Being a carer means looking after a person when it is **not** a paid job.



Cancer is a disease that

- can grow in any part of your body

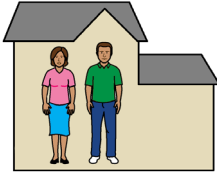


- can spread from one part of your body to other parts



- can make you sick.

What does a carer do?



Carers are all different. A carer might

- live in the same house and do caring all the time



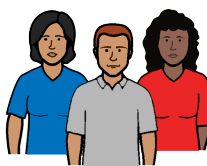
- just visit sometimes to help



- organise help from other people



- have other things they need to do
like a paid job or looking after their children.



A person with cancer might have more than 1 carer.

The person you are caring for might be your

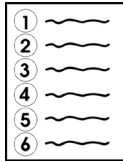
- family member



- friend or neighbour.



You are still a carer even if you are just helping as you normally would.

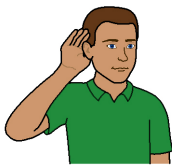


Carers do many different tasks.

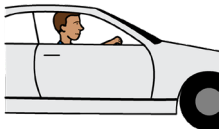


Some important things a carer can do are

- just be there for the person with cancer



- be a good listener.



You might help the person with health care tasks like

- driving the person to doctor appointments



- going to appointments with the person



- giving medicines.

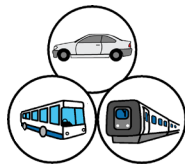


You might also help the person with

- cooking meals



- shopping



- transport



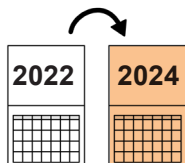
- washing or going to the toilet



- talking to family and friends



- support when they feel sad.



What the person needs you to do might change over time.



If you feel worried about what you have to do it is ok to just do your best.

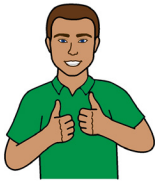
Feelings about being a carer



It is normal to have many different feelings when you are a carer.

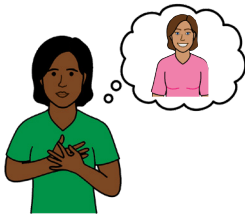


You might feel some of the same things that the person who has cancer feels.



You might feel

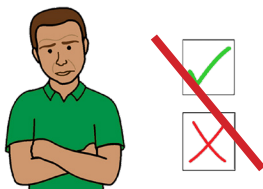
- happy that you can help



- very close to the person you are caring for.



But being a carer can also be very hard.



Some people might **not** want to be a carer but feel like they have no choice.



It is normal to sometimes feel

- worried or stressed



- angry or frustrated



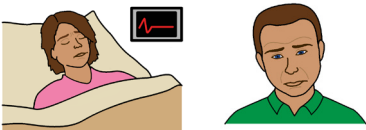
- guilty



- sad



- lonely or helpless



- loss and grief.

Caring for yourself



Caring for yourself is **not** selfish.



Looking after your own needs helps you be a good carer.



To look after yourself, you can

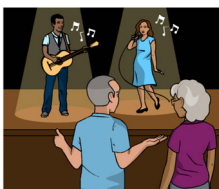
- say **yes** when people offer to help



- do exercise



- eat healthy food



- do things you enjoy with friends.



It is also a good idea to ask for support.



You can talk to

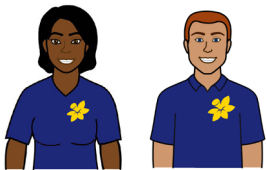
- someone you trust



- your doctor



- a support group



- Cancer Council.

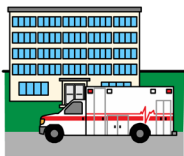
Taking a break



Respite care can give you time off to look after yourself.



Respite care is when someone else cares for the person with cancer.



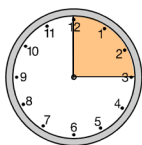
You can get respite care in many places.

For example

- at a hospital

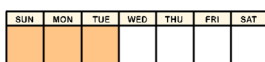


- at home.



Respite care might be

- for a short time, like a few hours



- for a longer time, like a few days.



Respite care can also be good for the person you care for.

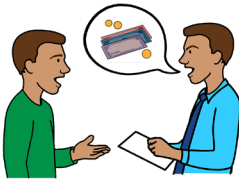


In respite care the person you care for can

- get a break



- meet new people.



Respite care can cost money but you might be able to get help to pay for it.



To find out about respite care you can talk to

- a social worker at your hospital



- your doctor.

Help with money



When you are caring for someone with cancer

- you might have to do less paid work



- the person you care for might **not** be able to work



- there might be more costs for things like medicines or respite care.



You can find out about help with money from

- a social worker at your hospital



- Cancer Council



- the Australian government.

More information



Contact Cancer Council for

- cancer information
- support.



Call 13 11 20



Website cancervic.org.au



Email askanurse@cancervic.org.au

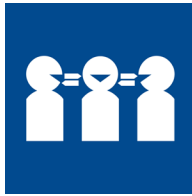
If you do not speak English



You can get cancer information in other languages on our website.



Website cancervic.org.au/languages



Contact Cancer Council through the Translating and Interpreting service or TIS.

Call 13 14 50



Ask the TIS to call 13 11 20.



If you need help to speak or listen use the National Relay Service.



Call 1800 555 660



Website

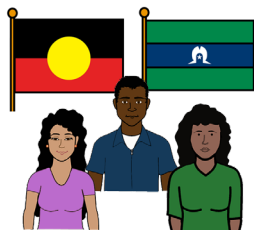
communications.gov.au/accesshub/nrs

Ask the relay officer to call 13 11 20.

Acknowledgement of Country



Cancer Council **respects** the **First Peoples of Australia**.



The First Peoples of Australia are the Aboriginal and Torres Strait Islander people.

Respect the First Peoples of Australia means we understand the importance of First Peoples

- culture

and

- history.

Acknowledgements

Cancer Council is Australia's peak non-government cancer control organisation. This fact sheet was funded by the Dry July Foundation.

This information is based on the expertise of clinicians who work in the area and consumer experience. We thank the reviewers of this fact sheet.

Note to reader

Always consult your doctor about matters that affect your health. This fact sheet is intended as a general introduction and is not a substitute for professional medical, legal or financial advice. Information about cancer is constantly being updated and revised by the medical and research communities. While all care is taken to ensure accuracy at the time of publication, Cancer Council Australia and its members exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this fact sheet.

This Easy English document was created by Scope (Aust) Ltd. in December 2022 using Picture Communication Symbols (PCS). PCS is a trademark of Tobii Dynavox, LLC. All rights reserved. Used with permission. This document must not be sold to third parties. The images must not be reused without permission. For more information about the images, contact Scope on 1300 472 673 or visit scopeaust.org.au