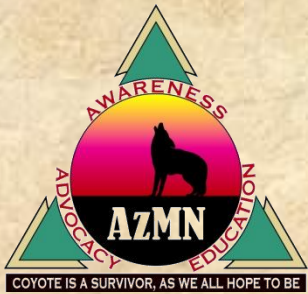


# Arizona Myeloma Network's (AzMN)

## Cancer Caregivers Education Program<sup>©</sup>

Made possible by contributions from the following.

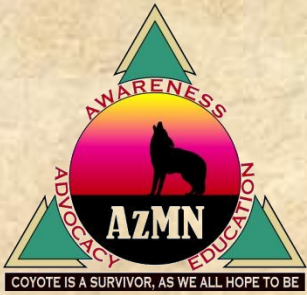




# Cancer Caregivers Education Program<sup>©</sup>

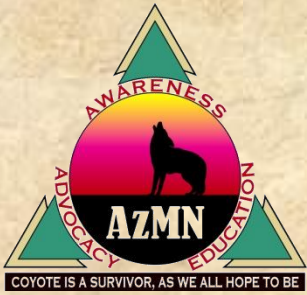
Arizona Myeloma Network (AzMN)





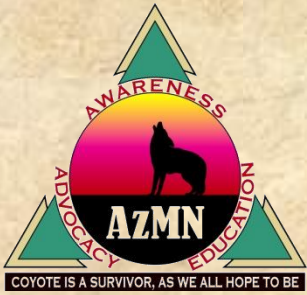
# Arizona Myeloma Network

- Founded by Barbara Kavanagh in 2004.
- AzMN provides advocacy and educational programs for myeloma patients, their families, and all cancer caregivers.



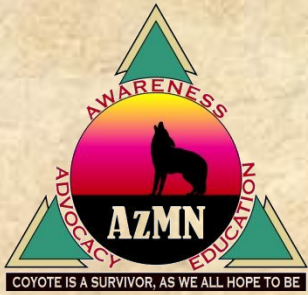
## Who is Arizona Myeloma Network?

**Our mission** is to promote collaboration, awareness, education and advocacy for improved treatment and quality of life, for multiple myeloma patients, their families and ALL cancer caregivers with special consideration to the underserved.



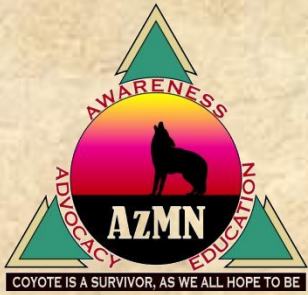
## **Cancer Caregiver Education Program (CCEP)©**

- Provide a venue for sharing stories and giving/receiving valuable information
- Increase knowledge, skills and strategies important to patient and self-care
- Introduce and encourage use of available resources and services



“There are only four kinds of people in the world – those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who need caregivers.”

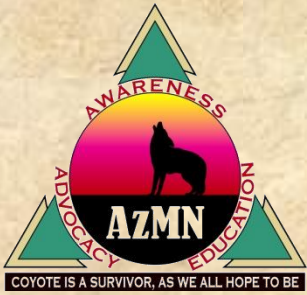
Source: Rosalynn Carter Institute for Caregiving



# Definition of Cancer Survivorship

In 2013, the National Cancer Institute revised the definition of cancer survivorship as follows:

“An individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life. Family members, friends, and caregivers are also impacted by the survivorship experience and are therefore included in this definition.”

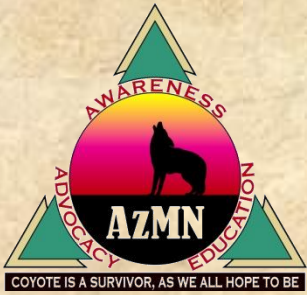


# From the Research

- 41% of caregivers spend 41+ hours per week in their caregiving role.
- 40% of cancer caregivers report emotional distress.
- Many cancer caregivers will experience depression or anxiety which can present itself after the acute treatment phase.

Source: *Caregiving in the U.S.*

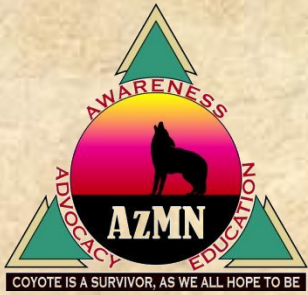




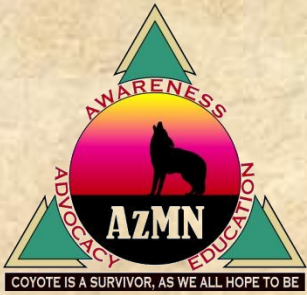
## From the Research (2)

- Caregivers of long term cancer survivors report significant health problems, including heart disease, hypertension, and arthritis.
- Caregivers report lower QOL and less social support than do patients.
- Fear of recurrence is *equal*, if not *greater*, among caregivers than patients.

Source: Applebaum

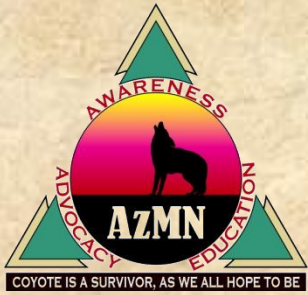


# Cancer Caregivers The Unsung Heroes



# Care-giving is a Challenging Role!

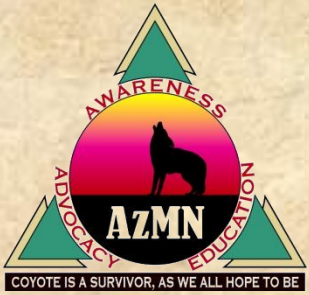
- **It comes with little warning or preparation.**
- **New challenges and expectations are added to existing responsibilities and activities.**



## **Roles/Tasks for Caregivers-The Many Hats You Wear!**

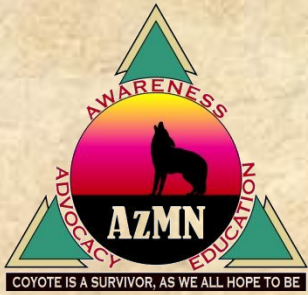
- Nurse
- Companion and Comforter
- Liaison with Professionals
- Chief Financial Officer-Decision Maker
- Home Repair Specialist
- Family Counselor & Diplomat
- Advocate
- Housekeeper

**\*\*\*How many others?\*\*\***



# Caregiver Syndrome





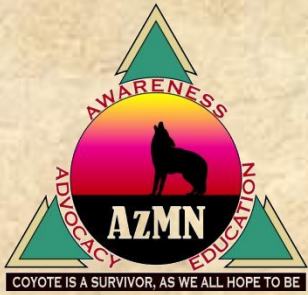
# Cancer Caregiver Stress

## What can cause it

- Longevity of caregiving role
- Unexpected hospitalizations during treatment
- Unexpected side effects during treatment
- Basic needs are not met
- Handling multiple roles and responsibilities
- Unmet support needs
- Pre-illness coping style
- Pre-illness mental health

## What it can look like

- headaches
- Depression
- Anxiety
- Physical illness
- Inability to sleep
- Change in eating patterns
- Isolation
- Increased substance use



# How to Handle Stress

Schedule proactive breaks/respice from your caregiving role

Understand your stress tolerance warning signs and give yourself permission to take a break

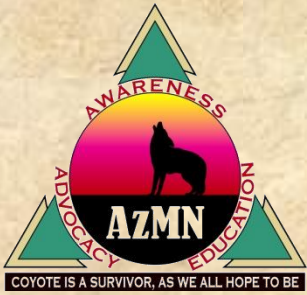
Humor

Faith

Support groups

Opening up lines of communication with your loved one and others you trust

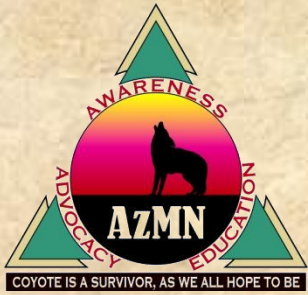
Ask others for help



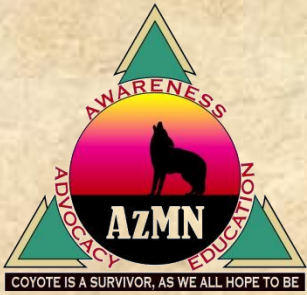
# Coping with Stress

- Be Emotionally Realistic
- Engage in flexibility and reduce expectations



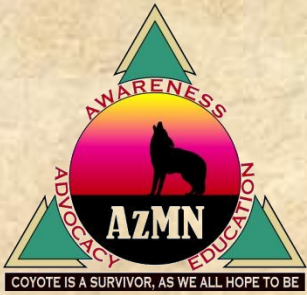


**Remember – You are not alone.  
“Let” others help you.  
“Ask” for help with specific tasks.**



**Thank You For Attending and for  
Supporting Our Programs**

**Please complete the evaluation form**



# Contact Information

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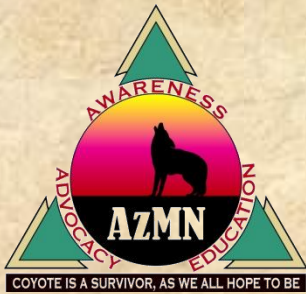
602-316-4409

AzMN Founder and CEO:

Barbara Kavanagh, MSW

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623-466-6246



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The Arizona Myeloma Network is a qualified 501(c)3 non-profit organization that conducts free outreach events and educational programs for Arizona Myeloma patients, their families and all cancer caregivers, with special consideration for the under-served: African American, Asian/Pacific, Hispanic American and Native American. Tax ID# 32-0169742. Contributions are tax-deductible as permitted by law.