

Caregiver Support - Patient Resource Assistance (PRA)

The purpose of this PRA is to help cancer patients and their family locate reliable sources of cancer information, including the area of emotional support.

This list is not meant to be comprehensive, but rather to provide a quick reference of available resources at Beaumont and in the community.

Beaumont Cancer Resource Centers

The Cancer Resource Centers provide patients and their family education, guidance and support to help optimize their cancer treatment and survivorship. Oncology nurse navigators, lending library, brochures and resource center assistance is available.

Rose Cancer Resource Center – Royal Oak (248) 551-1339
Wilson Cancer Resource Center - Troy (248) 964-3430
Grosse Pointe patients call Royal Oak (248) 551-1339

Resource Center hours: Monday through Friday from 8:00 a.m. – 4:15 p.m. Call one of our resource centers to learn about the lending libraries and support information.

Caregiver web information

American Cancer Society

The caregiver resource guide

- <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/american-cancer-society-caregiver-resource-guide.pdf>

For the caregiver

- <https://www.cancer.org/content/dam/CRC/PDF/Public/7156.pdf>

National Cancer Institute:

Caring for the caregiver

- <http://www.cancer.gov/publications/patient-education/caring-for-the-caregiver.pdf>

National Comprehensive Cancer Network (NCCN)

NCCN guidelines for patients

- <https://www.nccn.org/patients/guidelines/cancers.aspx>

Click on view all cancer types

Notice

This material is intended to provide general information. Some material may contain information that is the opinion of the author and not necessarily that of your physician. This material does not represent all that is available on the subject and may not apply specifically to your condition. This material should be used to formulate questions for discussion with your physician or other health care professional.

Support material

Please call the Rose or Wilson Cancer Resource Center for brochures and a list of available support material from our lending libraries. Grosse Pointe patients can request booklets from the Rose Cancer Center and most items can be mailed. The Grosse Pointe hospital has partnered with the Grosse Pointe Library for books.

Books

For you

Loving your friend through cancer: moving beyond I'm sorry to meaningful support (2018)

How to help your friend with cancer (2015)

The art of caregiving: how to lend support and encouragement to those with cancer (2015)

Living with cancer - caring for the caregivers (2014)

Being a caregiver in a home setting (2013)

Support

Beaumont Health System Support/Resources (cont.)

Cancer Resource Centers

<https://www.beaumont.org/services/oncology/centers-clinics-and-locations/cancer-resource-centers>

Rose Cancer Center 248-551-1339

Wilson Cancer Center 248-964-3430

Medical Oncology Social Work

<https://www.beaumont.org/services/oncology/classes-support-resources/counseling-social-work>

Beaumont Royal Oak (248) 551-5255

Beaumont Troy (248) 964-3430

Social workers help patients, family, and friends find support to manage the day-to-day challenges of living with cancer.

Integrative Medicine

<https://www.beaumont.org/services/integrative-medicine>

248-964-9200

Beaumont Integrative Medicine Department combines the best of Eastern & Western beliefs while complimenting traditional medical practices. Programs are offered by highly skilled & specially trained practitioners.

Spiritual Care (Pastoral Care)

<http://www.beaumont.edu/centers-services/spiritual-care-pastoral-care/>

Beaumont chaplains are professionally trained to provide spiritual and emotional care to patients and families who are dealing with a stressful situation.

Respite Care

<https://www.beaumont.org/services/seniors/respite-care>

At Beaumont Health we offer respite from the day-to-day responsibilities of caring for loved ones. Respite care offers caregivers a chance to catch up on personal activities, take a much-needed vacation, or simply pamper themselves. Respite Care residents share the same amenities, services and programs that full-time residents enjoy

Other Support Resources

Gilda's Club

www.gildasclubdetroit.org

248-577-0800

3517 Rochester Road, Royal Oak, MI 48073,

Family/Friends/Caregivers Groups

2nd and 4th Thursday of the month from 6:00 – 7:30 pm.

Family/Friends/Caregivers Dinner

4th Thursday of the month from 6:00 – 6:30 pm.

New member meeting required. Call office for details.

The Lake House

<http://milakehouse.org/>

586-777-7761

23500 Pare St, St. Clair Shores, MI 48080

The Lake House welcomes and encourages all who are touched by cancer to benefit from our free cancer support groups, one-on-one cancer support consultations and guidance, health and wellness talks and activities, stress management activities, and social events.

Telephone Support

Cancer Care

<http://www.cancercare.org/tagged/caregiving>

Caregiver and loved ones support group.

Imerman Angels

<http://www.imermanangels.org>

877-274-5529

1-on-1 cancer support for cancer fighters, survivors, and caregivers.

Cancer Hope Network

<https://www.cancerhopenetwork.org/get-support/get-matched/with-a-cancer-survivor.html>

877-467-3638

The program is available to all cancer patients, and will match you with a survivor of the same or similar type & stage of cancer.

Other Support Resources

Caregiver Action Network

<http://caregiveraction.org/>

202-454-3970

CAN (formerly the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

Family Caregiver Alliance

www.caregiver.org

800-445-8106

FCA seeks to improve the quality of life for caregivers through education, services, research, and advocacy. FCA's National Center on Caregiving offers information on current social, public policy, and caregiving issues, and provides assistance in the development of public and private programs for caregivers.

4th Angel

www.4thangel.org

866-520-3197

The 4th Angel Program is part of the Scott Hamilton CARES Initiative. This is a free, national service which provides a one-to-one supportive relationship (phone or email based) to cancer patients and their caregivers.

Caregivers4Cancer

Caregivers4cancer.com

800-787-2840

Caregivers4Cancer strives to educate and assure caregivers and oncology teams that there are ways to ease the journey's relentless demands. Goal is to help caregivers emerge on the other end with less stress, more energy and a feeling of accomplishment that they did all they could for their loved ones.

Online Support

My Cancer Circle

<http://mycancercircle.lotsahelpinghands.com/caregiving/home/>

Allows caregivers to coordinate volunteer activities such as cooking meals or transporting a loved one to appointments, and also provides a private space where members can offer words of support and encouragement. A free My Cancer Circle iPhone mobile app is available in the App Store for download.

Help for Cancer Caregivers

<http://www.helpforcancercaregivers.org/>

Help for Cancer Caregivers provides education and resources to help caregivers cope with the stress of caring for a loved one. The tool walks you through a brief survey and then provides you with personalized information to help monitor and manage the health challenges you may face as a result of your responsibilities.

Cancer.Net

<http://www.cancer.net/search/site/caregiving>

Information and resources for caregivers.

Cancer Care

On line support groups

- [Brain Tumor Caregiver Support Group](#)
- [Caregiver Support Group — Spouses/Partners](#)
- [LGBT Caregiver Support Group](#)
- [Lung Cancer Caregiver Support Group](#)
- [Metastatic Brain Tumor Caregiver Support Group](#)
- [Pancreatic Cancer Caregiver Support Group](#)
- [Teens Who Have a Loved One With Cancer Support Group](#)
- [Young Adult Caregiver — Spouses/Partners Support Group](#)
- [Young Adult Caregiver Support Group](#)

Podcasts – General information for caregivers

- [For Caregivers: Care Coordination for Your Loved One Living with Cancer and Other Health Problems](#)
- [For Caregivers: Practical Tips to Cope](#)
- [Helping Cancer Patients and Their Families Cope with the Stresses of Caregiving](#)
- [Stress Management for Caregivers: Practical Tips to Cope](#)
- [Changing Roles and Responsibilities for Caregivers](#)
- [Stress Management for Caregivers: Taking Care of Yourself Physically and Emotionally](#)
- [Survivors Too: Family, Friends and Loved Ones - Managing the Fatigue of Caregiving](#)
- [For Caregivers: Coping with Holidays, Special Occasions and Birthdays, Throughout the Year](#)
- [Survivors Too: Family, Friends and Loved Ones](#)
- [Balancing Your Needs and Your Role as a Caregiver](#)

Additional information at: <http://www.cancercare.org/tagged/caregiving>

Communication websites for patients

Caring Bridge

www.caringbridge.org

Free, personal and private website that connect people experiencing a significant health challenge to family & friends, making a health journey easier.

My Lifeline

<http://www.mylifeline.org>

MyLifeLine.org is a 501(c) (3) nonprofit organization that encourages cancer patients and caregivers to create free, customized websites. Our mission is to empower patients to build an online support community of family and friends to foster connection, inspiration, and healing.

Mobile “Apps”

Cancer .Net

<http://www.cancer.net/multimedia/mobile-applications>

Cancer.Net Mobile is a free app for iOS (iPhone, iPad) and Android and features: Guides on 120 types of cancer

Organizations/Websites

American Cancer Society

<http://www.cancer.org/index>

800-227-2345

American Society of Clinical Oncology (ASCO)

<https://www.asco.org/>

888-282-2552

National Cancer Institute (NCI)

www.cancer.gov

800-4-CANCER

Medline Plus

www.nlm.nih.gov/medlineplus Search: Caregivers

National Alliance for Caregiving

www.caregiving.org

301-718-8444

Cancer Support Community

<https://www.cancersupportcommunity.org/>

Dana-Farber Cancer Institute (Nutrition information)

<https://www.dana-farber.org/health-library/recipes/>

Notice

Support group information provided as information only. Beaumont Health System only endorses support groups located at Beaumont. Dates and times are subject to change. Call support group for additional information before attending.
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