

The purpose of this guide is to help you find information and support on adrenal cancer. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

## Brochures & Fact Sheets

- American Cancer Society. **Caring for the Patient with Cancer at Home.**
- Cancer Support Community.
  - **Support From a Distance**
  - **Ten Tips for Caregivers**
- CancerCare
  - **Building a Community of Support**
  - **Caregiving for Your Loved One with Cancer**
  - **Caring Advice for Caregivers: How Can You Help Yourself?**
  - **Coping with the Stress of Caregiving**
  - **For Caregivers: Coping with Holidays and Special Occasions**

To access online, go to:

<http://cancerca.org/publications/tagged/caregiving>

Click on the title of the document. You can then read the information here, or scroll to the bottom of the page for a link to the pdf version. There is also an option to listen to the information.

- Family Caregiver Alliance (FCA)
  - **Caregiver Health**
  - **Community Care Options**
  - **Depression & Caregiving**
  - **Helping Families Make Everyday Care Choices**
  - **Hiring In-Home Help**
  - **Hospital Discharge Planning: A Guide for Families and Caregivers**
  - **Taking Care of YOU: Self-Care for Family Caregivers**

These FCA fact sheets, as well as others, are available at:

<http://caregiver.org/fact-sheets>

These sheets are also available in Spanish, Chinese, Korean, and Vietnamese.

- National Cancer Institute.
  - **Caring for the Caregiver**
  - **When Someone You Love is Being Treated for Cancer: Support for Caregivers**
  - **When Someone You Love Has Completed Cancer Treatment**
  - **When Someone You Love Has Advanced Cancer: Support for Caregivers**

To access these online, type the title of the publication into the search box at: <http://pubs.cancer.gov/ncipl/home.aspx>

- National Institute on Aging. **So Far Away: Twenty Questions and Answers About Long-Distance Caregiving**. This title can also be accessed online at: [https://order.nia.nih.gov/sites/default/files/2017-07/L-D-Caregiving\\_508.pdf](https://order.nia.nih.gov/sites/default/files/2017-07/L-D-Caregiving_508.pdf)

## Books

- American Cancer Society. **Cancer Caregiving A-Z: An At-Home Guide for Patients and Families.** Atlanta, GA: American Cancer Society/Health Promotions, 2008.
- Bucher, Julia, Houts, Peter, and Ades, Terri. **American Cancer Society Complete Guide to Family Caregiving: The Essential Guide to Cancer Caregiving at Home.** Atlanta, GA: American Cancer Society, 2011.
- Cornwall, Deborah. **Things I Wish I'd Known: Cancer Caregivers Speak Out.** 2<sup>nd</sup> Ed. Sarasota, FL: Bardolf & Co., 2012.
- Meyer, Maria M., Paula Derr, and John Caswell. **The Comfort of Home: A Complete Guide for Caregivers.** Portland, OR: CareTrust Publications LLC, 2007.
- Rose, Susannah L. **100 Questions and Answers about Caring for Family or Friends with Cancer.** Sudbury, MA: Jones and Bartlett Publishers, 2011.

## Web Resources

- **American Cancer Society**  
This site has information on Caregiving at:  
<http://cancer.org>
  - Click “*Find Support & Treatment*”
  - Select “*Caregivers*”
- **Cancer Support Community**  
<http://cancersupportcommunity.org>  
Provides education and support for patients and their caregivers.
- **CancerCare**  
<http://cancer.org/tagged/caregiving>

CancerCare provides free, professional support services for caregivers and loved ones, as well as caregiving information and additional resources.

- **Cancer.net**

This site contains a section on Caregiver Support, and can be accessed at:

<http://cancer.net>

- Click “*Coping & Emotions*”
- Click “*Caregiver Support*”

- **Caregiver Action Network (CAN)**

<http://caregiveraction.org>

CAN is a national non-profit organization dedicated to empowering family caregivers to act on behalf of themselves and their loved ones, and to remove barriers to their health and wellbeing. Their site has useful information and tips for caregivers under “*Resources*”.

- **Family Caregiver Alliance (FCA)**

<http://caregiver.org>

FCA’s mission is to improve the quality of life for caregivers and those they care for through information, services, and advocacy.

- **National Alliance For Caregiving**

<http://caregiving.org>

The National Alliance for Caregiving is a non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation, and advocacy. Their site also provides information for caregivers.

## University of Michigan Resources

- **Rogel Cancer Center Caregivers and Family Information**

<http://rogelcancercenter.org/living-with-cancer/caregivers-and-family>

- **Rogel Cancer Center Complementary Therapies Program**

<http://rogelcancercenter.org/support/managing-emotions/complementary-therapies>

This program includes Art Therapy, a Families Facing Cancer Program, Guided Imagery, and Music Therapy.

- **Rogel Cancer Center PsychOncology Program**

<http://rogelcancercenter.org/support/managing-emotions/psychoncology>

This program at the Rogel Cancer Center is devoted to relieving the numerous negative social and psychological effects of the disease.

## Support Organizations

- **Cancer Support Community**

<http://cancersupportannarbor.org>

Emotional support & resource sharing are provided through professionally-facilitated groups and support programs.

- **Caregiver Action Network (CAN)**

<http://caregiveraction.org>

Phone: 202-772-5050

- **Family Caregiver Alliance**

<http://caregiver.org>

Phone: 800-445-8106

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#).

Document #0049/Last Revised 2/2019