The purpose of this guide is to help you find information and support. 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 and Fact Sheets**
- Be the Match by National Marrow Donor Program (NMDP)
  - Preparing to be a Primary BMT Caregiver
- National Bone Marrow Transplant Link (nbmtLINK)
  - Caregivers’ Guide for Bone Marrow/Stem Cell Transplant, Practical Perspectives
    - Printable version available at: [http://nbmtlink.org](http://nbmtlink.org)
    - Click “Resources and Support” on the left side of the page
    - Select the above title from the list

**Books**

**Audiovisual Resources**
- Blood & Marrow Transplant Information Network (BMTinfo.net)  
  - *For Better and For Worse: The Challenges and Triumphs of BMT Family-Caregivers*
  - Provides insight to the unique challenges facing spouses and family members when caring for an adult transplant survivor.
  - Available online at: [http://www.dcpovidersonline.com/bmtin/d7efb64bb8fefe28037f4e0c70fe4ae5/player.html](http://www.dcpovidersonline.com/bmtin/d7efb64bb8fefe28037f4e0c70fe4ae5/player.html)
Web Resources

- Be the Match by the National Marrow Donor Program (NMDP): Caregivers & Transplant

- Blood & Marrow Transplant Information Network (BMTinfonet)
  - Caring for Transplant Patients
    [http://bmtinfonet.org/before/caregivers](http://bmtinfonet.org/before/caregivers)
  - Caring for Transplant Survivors
    [http://bmtinfonet.org/after/caregivers](http://bmtinfonet.org/after/caregivers)

- Cancer Support Community: Tips for Caregivers
  [https://www.cancersupportcommunity.org/living-cancer-topics/caregivers](https://www.cancersupportcommunity.org/living-cancer-topics/caregivers)

Programs for Caregivers

- Be the Match by National Marrow Donor Program (NMDP)
  **Caregiver's Companion Program**
  Combines a caregiver toolkit with weekly calls from a trained caregiver coach.

  **Parents' Companion Program also available**

  **One-on-One Support**
  Speak with a Patient Services Coordinator who answers questions, shares resources, and provides support by calling 1-888-999-6743 or emailing [patientinfo@nmdp.org](mailto:patientinfo@nmdp.org)

- Blood & Marrow Transplant Information Network (BMTinfonet)
  **Caring Connections Program**
  Connects caregivers to volunteers who have helped a patient through transplant.
  Enroll at: [http://bmtinfonet.org/services/support](http://bmtinfonet.org/services/support)

- National Bone Marrow Transplant Link (nmbtLINK)
  **Peer Support On Call Program**
  Emotional support through one-on-one conversations with trained peer support volunteers. To learn more, please contact nmbtLINK by calling 800-546-5268 or emailing [info@nbmtlink.org](mailto:info@nbmtlink.org)

University of Michigan Resources

- **Hematology/Oncology & Bone Marrow Transplant Support Groups**
  Groups meet in the Patient and Family Lounge on 7West at C.S. Mott/Women’s Von Voigtlander Hospital
  - **Patient and Family Support Group** meets every Wednesday from 1:30 - 2:30 p.m.
  - **Caregiver Only Support Group** meets every Thursday from 1:30 - 2:30 p.m.
• Caregivers of Cancer Patients Information Guide. This guide provides sources of information and support for caregivers. Accessible at: http://med.umich.edu/cancer/files/caregivers-of-cancer-patients.pdf

• Rogel Cancer Center Caregivers and Family Information
  http://RogelCancerCenter.org/living-with-cancer/caregivers-and-family

Support Communities

• BMT-Support
  http://bmtsupport.org
  Hosted chat room Tuesday, Thursday, and Saturday nights from 8:30 p.m. to 10:30 p.m. EST for patients, family, and caregivers.

• Bone Marrow Transplant Online Community
  http://acor.org/listservs/join/14
  Unmoderated discussion list for patients, family, and friends.

• CancerCare: Caregivers and Loved Ones Support Group
  This is a free 12-week telephone support group for caregivers. Oncology social workers are also available to provide counseling services via telephone. Call 800-813-4673 or email info@cancercare.org for more information.

Help Managing Patient Care

• CaringBridge
  http://caringbridge.org
  Create a personalized website to share updates and coordinate everyday help.

• General Information on Caregiver Stress
  helpguide.org

• Lotsa Helping Hands
  http://lotsahelpinghands.com and
  http://mycancercircle.lotsahelpinghands.com/caregiving/home
  Create a personalized care community to post requests for support, receive care reminders, and help coordinate logistics between a team of caregivers.

• MyMedSchedule
  http://mymedschedule.com
  Free web-based medication scheduler and reminders. App available for Apple iOS and Android devices.