



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**
Available online at:
<https://bethematch.org/workarea/downloadasset.aspx?id=1167>
- National Bone Marrow Transplant Link (nbmtLINK)
Caregivers' Guide for Bone Marrow/Stem Cell Transplant, Practical Perspectives
Printable version available at:
<http://nbmtlink.org>
 - Click "*Resources and Support*" on the left side of the page
 - Select the above title from the list

Books

- Stewart, Susan K. **Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients and Their Loved Ones.** Highland Park, IL: Blood & Marrow Transplant Information Network, 2012.
- Zikmund-Fisher, Naomi L. **Across the Chasm: A Caregiver's Story.** Southfield, MI: Blood & Marrow Transplant Information Network, 2002.

Audiovisual Resources

- Blood & Marrow Transplant Information Network (BMTinfonet.org)
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.dcprovideronline.com/bmtin/d7efb64bb8fefe28037f4e0c70fe4ae5/p/layer.html>

Web Resources

- Be the Match by the National Marrow Donor Program (NMDP): Caregivers & Transplant
<http://bethematch.org/For-Patients-and-Families/Caregivers-and-transplant>
- Blood & Marrow Transplant Information Network (BMTinfonet)
 - Caring for Transplant Patients
<https://www.bmtinfonet.org/transplant-article/role-family-caregiver>
 - Caring for Transplant Survivors
<https://bethematch.org/patients-and-families/caregivers-and-transplant/being-a-caregiver/caregiving-after-transplant/>
- Cancer Support Community: Tips for 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. Enroll at:
<https://bethematch.org/patients-and-families/caregivers-and-transplant/>
- 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

- **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>
- **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@nmbtlink.org

University of Michigan Resources

- **Hematology/Oncology & Bone Marrow Transplant Support Group**
Groups for **Inpatient Adults, Families & Caregivers**. The group meets in the Patient and Family Lounge on 7 West at C.S. Mott/Women's Von Voigtlander Hospital every **Wednesday from 2:30pm – 3:30pm**.
- **Caregivers of Cancer Patients Information Guide**. This guide provides sources of information and support for caregivers. Accessible at: rogelcancercenter.org/files/caregivers-of-cancer-patients.pdf
- **Rogel Cancer Center Caregivers and Family Information**
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.
- **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@cancercares.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

<http://helpguide.org/articles/stress/caregiving-stress-and-burnout.htm>

- **Lotsa Helping Hands**

<http://lotsahelpinghands.com> and

<https://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.

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