



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)
 - **Living Now: A Guide to Life after Transplant – Special Issue: For Caregivers**
Available online at:
<https://bethematch.org/patients-and-families/caregivers-and-transplant/support-for-caregivers/>
 - **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://goo.gl/b94YGH>

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://bmtinfonet.org/transplant-article/role-family-caregiver>
 - **Caring for Transplant Survivors**
<https://bmtinfonet.org/transplant-article/life-after-transplant>
- **Cancer Support Community: Tips for Caregivers**
<https://www.cancersupportcommunity.org/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:
<http://goo.gl/CcU4Nh>
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 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://mcancer.org/living-with-cancer/caregivers-and-family>

Support Communities

- **Bone Marrow Transplant Online Community**
<http://listserv.acor.org/scripts/wa-ACOR.exe?INDEX>
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@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
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.*

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