

What Is a Care Partner?

A care partner is a trusted person who provides support for someone who has a health condition. They work in partnership with the individual and help communicate with the healthcare team. Their responsibilities may include basic care, communication, and coordination of care, as well as emotional support.

Advice for Care Partner Self-Care

- **Schedule and KEEP appointments.** Staying healthy is essential for continuing to be a good care partner.
- **Take breaks.** Give yourself time to exercise, to participate in a hobby, or to allow a short time away for yourself.
- **Manage stress and maintain a healthy lifestyle.** Prioritizing sleep, exercise and eating well will pay off in many ways.
- **Take people up on their offers to help.** Be ready to give them tasks when they ask what they can do for you.
- **Talk it out.** Discuss what you're going through with a friend, support group or counselor.

Role of Care Partner

- **Joining doctor visits** to ask questions and to take notes to review and reference later.
- **Keeping track of appointments** and helping their loved one stay on their treatment schedule.
- **Communicating** with family members, friends and the healthcare team.
- **Advocating for the patient** when they aren't able to speak up and do it themselves.
- **Keeping an eye out for any changes** in the patient's health and letting the doctor know if something seems off.
- **Providing emotional support** by simply listening when your loved one needs to talk.

Care Partner Resources

Patient Empowerment Network: [Care Partner Programs](#)

American Cancer Society: [Cancer.org](#)

CancerCare: [CancerCare.org](#)

The Leukemia & Lymphoma Society: [LLS.org](#)

Collaborate CLL Resources

- **What You Should Know About CLL Clinical Trials**
- **Which Treatment Is Right for YOUR CLL?**
- **How Is CLL Treated?**
- **Understanding YOUR CLL Diagnosis**
- **Tools for Accessing Quality CLL Care**

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