

Navigating your way as a care partner can be challenging, but now is not the time to neglect your own health! Find resources, information, and support in this section.

Family Caregiver Alliance Family Caregiver Alliance is the first community-based nonprofit organization in the country to address the needs of families and friends providing long-term care for loved ones at home.

FCA, as a public voice for caregivers, shines light on the challenges caregivers face daily and champions their cause through education, services, and advocacy.

The services, education programs, and resources FCA provides are designed with caregivers' needs in mind and offer support, tailored information, and tools to manage the complex demands of caregiving.

A tool for people who are caring for someone with cancer. It can help you: learn how to care for yourself as a caregiver, better understand what your loved one is going through, develop skills for coping and caring, and take steps to help protect your health and well-being.

<u>American Cancer</u> <u>Society – Caregiver</u> <u>Resource Guide</u>