

Prostate Cancer Care Partners: Getting the Support You Need

What Is a Care Partner?

A care partner, also known as a caregiver, is someone who partners with their loved one on their care every step of the way – from diagnosis to survivorship. Anyone can play this role, such as friend, family member, or loved ones – whomever a patient trusts with supporting their health.

How Can Care Partners Support Their Loved One?

- Educate yourself about prostate cancer, so you can feel confident in participating in conversations and decisions.
- Participate in doctors' appointments by taking notes and requesting post-visit summaries so that you can review the information presented.
- Help your loved one access and use their patient portal.
- Maintain schedules and organize medical records.
- Listen to your loved one and assist in weighing the pros and cons of care decisions.
- Monitor your loved one's emotional health.

*There isn't **a single way** to be a care partner. You can provide support in a way that feels **comfortable and natural** to you.*

Self-Care Tips for Care Partners

- Prioritize your health by scheduling and keeping your OWN health care appointments.
- Continue doing the activities that you enjoy – there are ways to make time in the schedule, even if it doesn't seem like it.
- Find and use strategies that work for you to manage stress, like exercise, reading a book, or anything you find relaxing.
- Make a list of tasks you can share with friends and family members who offer to help.
- Consider joining a support group. Speaking candidly and openly with other care partners can also provide comfort and peace of mind.

If you're feeling overwhelmed, talking with someone about how you're feeling can make a difference.

Care Partner Resources

This Is Living With Cancer: thisislivingwithcancer.com/get-support

Visit powerfulpatients.org/PC for office scripts, resource guides and more.

Learn more:



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