

# Conversation Guide

FOR CAREGIVERS

As the caregiver of someone with cancer, opening up about what you're dealing with can be tough. But talking with your loved one's health care team—or your own—can help you sort through your needs, questions, and challenges. Use this worksheet to help guide these conversations.

Check the topics you want to bring up with your nurse, counselor, or another member of your health care team during your next appointment. Then use the space at the bottom of this page to help you remember what you discussed.

**If you don't feel comfortable having this conversation in front of the person you're caring for, or if there isn't time, consider making a separate appointment that can be dedicated to talking about your concerns.**

Check here

	If you want to talk about...	Try saying...	Also, share...
Day to day	<b>How my role as a caregiver is changing</b>	I'm not sure what's happening or what's coming next. Can you tell me about some of the big changes that I should be preparing for?	Any major changes in your daily routine
	<b>How to manage my energy</b>	I don't have as much energy as I used to, and I'm constantly exhausted. Can you suggest ways I can keep myself healthy and regain my energy?	Activities that you enjoy but have had to cut back on
	<b>Lack of privacy</b>	I have people in my house all the time now. How can I get some private time and make space for myself?	Concerns you have about living arrangements and household disruptions
How to cope	<b>How to deal with difficult emotions</b>	I've been feeling very frustrated and worried lately. Sometimes I worry about whether I can handle it all. Is this normal?	What you have been doing to cope with your feelings
	<b>How my relationships with loved ones are changing</b>	This difficult time is creating distance between us. How can we be close again?	Any other ways your connection with your loved ones seems different
	<b>Not getting enough sleep</b>	I am waking up more often to help take care of him/her. How can I get more rest?	If you're using caffeine, alcohol, or other stimulants more than usual
Support	<b>Finding a support group</b>	I'd like to connect with other people who are in my situation. Do you have any information about local caregiver support groups?	What friends, family, and neighbors are doing to help me
	<b>Arranging for home care</b>	I don't think I can meet all of the demands of caregiving on my own. Can you help me find some temporary relief care?	Your health status, including any limitations related to caregiving