

Tips

Consultation of the Cancer League

The staff of the cantonal and regional cancer leagues can help you with social, administrative and financial support. The Swiss Cancer League also helps families and friends by offering support over the phone and through online chat:

- **«Cancer helpline»**

As a caregiver, don't wait until you feel exhausted, even if you think you can manage it. Talk to an advisor at your cantonal or regional cancer league.

Further information on this topic

- **«Cancer Support Switzerland»** supports you in English.
- **«Caring for Someone with Cancer»** (Cancer Council Australia, 2023) – Guide providing information and support for individuals caring for someone with cancer



**For informal
 caregivers**

Taking care of myself

Good to know




Family members often take care of people with cancer. This support can make people affected by cancer feel stronger physically and emotionally. But it can also be exhausting for the caregivers.

As a caregiver, you can contact the healthcare team at any time.

Typical tasks of caregiving include discussing treatment decisions and helping with day-to-day activities (like transport and going with them to therapy sessions), and providing emotional support. You may be also responsible for specific care tasks, such as tube feeding and changing bandages, or preparing special diets.

It's important to take care of yourself so that you don't push yourself too hard. The following questions can help you find your way around, ask for help and accept it: Can I and do I want to take care of it? Can I take care of it on my own or do I need help? What should I delegate?

Taking care of myself

You feel...	Or you notice...	What you can do for yourself...
	<ul style="list-style-type: none"> Your support tasks take up time and energy, but you can fit them into your everyday life. 	<ul style="list-style-type: none"> Take time to rest and look after yourself. Set aside time every day to relax with enjoyable activities (like a nap, yoga, listening to music or gardening), even if it's just for a short time. Keep in touch with the people who are important to you and talk to them about how you are feeling and what is worrying you. Ask your family and friends to help you with tasks that you find difficult.
	<p>For some time now:</p> <ul style="list-style-type: none"> You don't have much free time and you can't rest any more You can't stop thinking, even at night, and you sleep less well and for shorter periods Sometimes you feel very tired, find it harder to concentrate and you have less patience 	<ul style="list-style-type: none"> Talk to people who support and understand you. Make a list of all the things you do every day. Decide which tasks you can delegate to friends, family or professionals. Make an appointment with the Cancer League in your canton for advice and help. Contact Cancer Support Switzerland (see Tips) where you can talk to other people in a similar situation.
	<ul style="list-style-type: none"> You have cut off or significantly reduced your relationship with your friends You feel depressed, like you're physically ill or like there's no hope You are impatient and irritable 	<ul style="list-style-type: none"> Contact your family doctor or another professional you trust. Call the Swiss Cancer League's InfoLine (Tel 0800 11 88 11, Mo-Fr 10 am to 18 pm) You can also send a message in the Cancer League «chat» or by e-mail («helpline@krebsliga.ch»).