

Let's Talk: Caring Conversations

Serious Illness

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What happens
when we get a
life-threatening
diagnosis?





We can feel very alone

Myriad of experiences for both the patient and the family caregiver



I'm really
depressed now...



- Give yourself grace and compassion
- Play an active role in your care
- Communicate, communicate, communicate
- Accept help
- Assess what is important to you and prioritize those things
- Give yourself grace and compassion

**Things patients can do
that are in your control**

- Give yourself grace and compassion
- Play an active role in your loved ones medical care
- Communicate, communicate, communicate
- Rest and recharge
- Keep the connection
- Give yourself grace and compassion

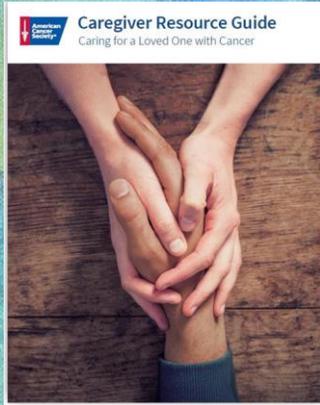
Things caregivers can do that are in your control

Tips for Coping



www.fvacpp.org
www.cancer.org
getpalliativecare.org

canceradvocacy.org
www.caregiving.org



Cancer.org/caregivervideos

Resources

Questions?

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