Let’s Talk: Caring Conversations

Serious Illness
Kim Kinner, American Cancer Society

What happens when we get a life-threatening diagnosis?
Myriad of experiences for both the patient and the family caregiver
• How do we define ourselves?
• Roles may shift

Common challenges faced by patients and caregivers

- Practical
- Emotional
- Social
- Physical
- Spiritual & Religious
- Decisional
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
Things caregivers can do that are in your control

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

Tips for Coping

“That’s my survival kit. It has a meditation tape, aspirin, and rose-colored glasses.”
Resources

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

Online, interactive Guide Free copy at 1-800-227-2345

Cancer.org/caregivervideos

CAREGIVER SELF-CARE
- Healthy Eating
- Physical Activity
- Stress Management
- Fear of Recurrence
- Relaxation

PHYSICAL CARE TRAINING
- Dress Care
- Skin Management
- Management of Side Effects
- Medication Management
- Signs of Infection
- Lifting

ADVOCACY
- How to effectively communicate the patient’s needs to the cancer care team

Questions?
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