Published on SeniorNavigator (https://seniornavigator.org)

<u>Caregiver Resource Guide (American Cancer Society)</u>

The American Cancer Society <u>Caregiver Resource Guide</u> is a tool for people who are caring for someone with cancer. It can help you: learn how to care for yourself as a caregiver, better understand what your loved one is going through, develop skills for coping and caring, and take steps to help protect your health and well-being.