

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Memorial Sloan Kettering  
Cancer Center

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## FOR THE MEDIA



At Memorial Sloan Kettering, we recognize caregivers as an important part of the cancer care team. As the family member or friend of someone with cancer, you may find yourself taking on new responsibilities while coping with your own emotions.

You may have to learn about your loved one's diagnosis or treatment options or help make decisions about their care. This could involve learning new skills, giving your loved one medication, or going with them to appointments. It may also include providing physical care, such as helping them manage symptoms like pain or nausea.

It's normal to sometimes feel overwhelmed by the stress of caregiving — especially if you're also working a full-time job and looking after children or other family members. But you're not alone: MSK has various resources to support you as you take on this role while also caring for yourself.

We are here to help you focus on your loved one, and yourself. [Findhelp](#) can support your whole family. It helps you find local services for things you may need, such as healthy meal delivery, rides to appointments, and more. Search for resources using your zip code.

## **Educational Resources for Caregivers**

Patient and Caregiver

Education

Books about Caregiving

Helpful

Articles

Caregiver

Videos

## **MSK Support Services for Caregivers**

Caregivers Clinic in the Counseling

Center

Social Work

Virtual Programs

Language Assistance

Program

Integrative Medicine Service

Tobacco Treatment

Program

Spiritual Care

## **Other Resources**

External Resources for

Caregivers

COVID-19

