

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

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Cancer Center

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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.

## 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

+

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