

CAREGIVER HELPFUL TIPS

Support for the moments
that matter most 

Caring for someone with cancer can feel like a lot to carry.
This guide helps you stay organized, notice what matters, and support
your loved one while also taking care of yourself.

**You don't have to do everything.
Start with what feels most important right now.**

START HERE

**What feels the most important
right now?** _____

What I feel unsure about: _____

Understanding the Situation

- ☐ What is the diagnosis and treatment plan?
- ☐ What are the goals of treatment right now?
- ☐ Who are the key members of the care team?
- ☐ Who should I contact with questions or concerns?

My Notes:

Supporting Medical Care

- ☐ Keep track of appointments schedules
- ☐ Bring questions or review them together
- ☐ Take notes during or after visits
- ☐ Know who to call if something changes
- ☐ Ask: What should I be watching for at home?

My Notes:

Day-to-Day Support

- ☐ Help with meals, medications, or daily tasks
- ☐ Create a simple, flexible routine
- ☐ Support transportation
- ☐ Check in: How are you feeling today?
- ☐ Notice changes in mood, energy, or appetite

My Notes:

Communication & Emotional Support

- ☐ Listen without trying to fix everything
- ☐ Let them guide how much they want to share
- ☐ Be honest, but gentle
- ☐ Respect when they need space
- ☐ Encourage connection with others

Showing up matters.

CAREGIVER HELPFUL TIPS

Support for the moments
that matter most 



WATCHING FOR CHANGES

- ☐ Know common side effects
- ☐ Watch for new or worsening symptoms
- ☐ Keep track of anything unusual
- ☐ Call the care team if something doesn't feel right



Trust your instincts. If something feels off, it's okay to reach out.



TAKING CARE OF YOURSELF

- ☐ Take short breaks
- ☐ Ask for help
- ☐ Get rest when possible
- ☐ Eat regularly and stay hydrated
- ☐ Talk to someone you trust



Notice when you're feeling overwhelmed. You can't do this alone, and you're not expected to.



PRACTICAL & FINANCIAL TASKS

- ☐ Keep track of bills and insurance
- ☐ Look into support resources
- ☐ Organize important paperwork in one place
- ☐ Ask for help if paperwork feels overwhelming



NOTES AND OBSERVATIONS

Changes I've noticed: _____

Questions I have: _____

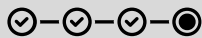


SUPPORTING APPOINTMENTS

- ☐ Review questions together
- ☐ Review what was discussed
- ☐ Bring Your Appointment Guide
- ☐ Clarify next steps
- ☐ Write down concerns
- ☐ Write follow-up questions

You Are Not Alone in This

Cancer Services of New Mexico provides free, trusted support to help you understand what comes next, work through insurance and paperwork, and connect with helpful resources.



Understand what comes next



Work through insurance & paperwork



Connect with helpful resources



FOCUS ON WHAT MATTERS MOST TODAY

