



Caregiver Pathfinder

*Information for Patients
and Caregivers*

Books and e-Books

- **100 Questions & Answers About Caring for Family or Friends with Cancer**
(Susannah Rose and Richard Hara, 2009)
- **AARP Meditations for Caregivers: Practical, Emotional and Spiritual Support for You and Your Family**
(Barry J. Jacobs, PsyD, and Julia L. Mayer, PsyD, 2016)
- **A Caregiver's Guide: A Handbook About End-of-Life Care**
(Canadian Hospice Palliative Care Association, 2004)
- **American Cancer Society Complete Guide to Family Caregiving: The Essential Guide to Cancer Caregiving at Home**
(American Cancer Society, 2011)
- **Cruising Through Caregiving: Reducing the Stress of Caring for Your Loved One**
(Jennifer L. Fitzpatrick, MSW, CSP, 2016)
- **Family Caregivers: 101 Stories of Love, Sacrifice, and Bonding**
([compiled by] Joan Lunden, Amy Newmark, 2012)
- **How to Help Your Friend With Cancer**
(Colleen Dolan Fullbright, 2015)
- **Husband's Guide to Breast Cancer: A Complete and Concise Plan for Every Stage**
(Todd Outcalt, 2013)
- **Loving, Supporting and Caring for the Cancer Patient: A Guide to Communication, Compassion, and Courage**
(Stan Goldberg, 2016)
- **Self-Care for Caregivers: A Twelve Step Approach**
(Pat Samples, Diane Larsen, Marvin Larsen, 2000)

- **The Caregiver's Guide to Self-Care: Help for Your Caregiving Journey**
(Jane Meier Hamilton, MSN. RN, 2011)
- **The Mindful Caregiver: Finding Ease in the Caregiving Journey**
(Nancy L. Kriseman, 2014)
- **Things I Wish I'd Known: Cancer Caregivers Speak Out**
(Deborah J. Cornwall, 2016)

Pamphlets

- **Canadian Cancer Society:**
When Someone You Know Has Cancer
Living With Cancer: A Guide For People With Cancer and Their Caregivers

Websites

- **Canadian Cancer Society**
<http://www.cancer.ca/en/?region=on>
- **American Cancer Society**
<https://www.cancer.org/>
- **Cancer.Net**
<https://www.cancer.net/>

Support Websites

- **The Ontario Caregiver Organization**
<http://ontariocaregiver.ca/>
The Ontario Caregiver Organization (OCO) supports Ontario's caregivers; ordinary people who provide physical and emotional support to a family member, partner, friend or neighbour. Their Ontario Caregiver Helpline is available 24/7. They support caregivers by being their one point of access to information, so they have what they need to be successful in their role.

Additional Websites

- **Grand River Hospital – Waterloo Wellington Regional Cancer Program**
<http://www.grhosp.on.ca/care/services-departments/cancer/waterloo-wellington-regional-cancer-program>
- **Cancer Care Ontario**
<https://www.cancercareontario.ca/en>
- **BC Cancer Agency**
<http://www.bccancer.bc.ca>