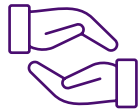


TIPS FOR CAREGIVERS

At PanCAN, we believe no one should face pancreatic cancer alone and that caregivers are critically important to creating a world where all patients with pancreatic cancer thrive. Our PanCAN Patient Services Team is here to support every single person impacted by pancreatic cancer, including caregivers.

TIPS FOR CAREGIVERS



Ask for help. Family members, friends or neighbors can help with errands, household chores and preparing meals.



Seek support from friends you can share your feelings with.



Get adequate sleep (8 hours) as often as you can.



Seek expert help from home health services, psychologists, counselors or other specialists, if needed.

TAKE SOME TIME EVERY DAY TO DO SOMETHING FOR YOURSELF



Take a walk or go to the gym



Call a friend



Enjoy a cup of coffee or tea



Take a meditation or yoga class



Enjoy a night out with friends



Get a massage



Write in a journal



Read a book



Do whatever refreshes and renews you!

Finding support in community can help you navigate caring for a loved one with pancreatic cancer.

Visit pancan.org/scn or contact PanCAN Patient Services to learn more about our Survivor & Caregiver Network, which connects people living with pancreatic cancer and their caregivers with others to offer support and a listening ear.

MY SELF-CARE GOALS

Writing down your goals can help you stick to them. Try making a list of a few things you can do to keep your well-being a top priority.

For more information, visit pancan.org
For questions, contact us at 877-2-PANCAN

Contact PanCAN Patient Services M – F, 7 a.m. – 5 p.m. PT, at **877-2-PANCAN**
or patientservices@pancan.org. Hablamos español.