

It is common for caregivers to worry about the future and what lies ahead. A diagnosis of cancer brings many changes. Many of these changes are physical and/or emotional. For some, these changes will make them think about the meaning of their lives and what really matters to them.

People touched by cancer often experience loss of control, unwanted aloneness, and loss of hope. All of these feelings can lead us to worry about the future and an uncertainty about what may lie ahead. This is a normal reaction to the cancer experience. It's only a problem if you are so worried that you can't enjoy things that usually bring you pleasure.

If you are worried about the future, you should reach out to your health care team. Your health care team includes the oncologist/hematologist, oncology nurse, social worker, and nurse or patient navigator. Some fears and concerns can be cleared up through understanding your loved one's cancer and treatments. Many times, myths and lack of information can cause unwanted anxiety. Your doctor can prescribe medications that may help to reduce the stress and anxiety you are feeling.

Above all, know that it is okay and even a good idea to make plans for the future. Keep moving ahead one step at a time. It is common to feel overwhelmed at times by your worries about the future. Remember that even before your loved one was diagnosed with cancer, you might have had the same kinds of worries about your future.

A loved one's cancer diagnosis can make you feel out of control of your life. Having questions about the meaning of one's life is also normal. Spending some time thinking about this topic may help you to discover new goals, priorities, and possibilities. People with cancer and their caregivers often find this to be a chance to focus on what really matters and change their lives in positive ways.

Spending more time with family and friends is a common way that people make changes in their lives. For others, it can be a chance to complete a project like finishing a scrapbook or



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1-888-793-9355



completing a house project. Others decide to take up a new hobby or travel. There is no right answer that will fit all people. For each person, the changes made or even the decision not to make any changes is a personal one. You and your loved one will learn to find a “new normal” together.

Sometimes, worry can become severe. If you are worrying a lot or your worry is getting in the way of doing the things you need and want to

do, contact your health care provider. They can refer you to a trained counselor with experience in cancer and worry. There are research-based strategies that can help you manage your worry, so that you can focus on what matters most for you and your loved one.

# General Cancer Information, Survivorship & Support

**Cancer Support Community** • 888-793-9355 • [www.CancerSupportCommunity.org](http://www.CancerSupportCommunity.org)

**American Cancer Society** • 800-227-2345 • [www.cancer.org](http://www.cancer.org)

**CancerCare** • 800-813-4673 • [www.cancercare.org](http://www.cancercare.org)

**Cancer.net** • 888-651-3038 • [www.cancer.net](http://www.cancer.net)

**Caregiver Action Network** • 855-227-3640 • [www.caregiveraction.org](http://www.caregiveraction.org)

**Healthcare.gov** • [www.healthcare.gov](http://www.healthcare.gov)

**Livestrong Foundation** • 866-673-7205 • [www.livestrong.org](http://www.livestrong.org)

**National Cancer Institute** • 800-422-6237 • [www.cancer.gov](http://www.cancer.gov)

**National Center for Complementary and Alternative Medicine** • 888-644-6226 • [www.nccam.nih.gov](http://www.nccam.nih.gov)

**Patient Advocate Foundation** • 800-532-5274 • [www.patientadvocate.org](http://www.patientadvocate.org)

## Cancer Support Community Resources

**Cancer Support Community's** (CSC) resources and programs are available free of charge. Call 888-793-9355 or visit [www.CancerSupportCommunity.org](http://www.CancerSupportCommunity.org) for more info.

**Cancer Support Helpline**® — Have questions, concerns or looking for resources? Call CSC's toll-free Cancer Support Helpline (888-793-9355), available in 200 languages Mon–Fri, 9 am–9 pm ET.

**Open to Options**® — Preparing for your next appointment? Our trained specialists can help you create a list of questions to share with your doctor. Make an appointment by calling 888-793-9355 or by contacting your local CSC or Gilda's Club.

**Frankly Speaking About Cancer**® — Trusted information for cancer patients and their loved ones is available through publications, online, and in-person programs. [www.CancerSupportCommunity.org/FranklySpeakingAboutCancer](http://www.CancerSupportCommunity.org/FranklySpeakingAboutCancer).

**Services at Local CSCs and Gilda's Clubs** — With the help of 170 locations, CSC and Gilda's Club affiliates provide services free of charge to people touched by cancer. Attend support groups, educational sessions, wellness programs, and more at a location near you. [www.CancerSupportCommunity.org/FindLocation](http://www.CancerSupportCommunity.org/FindLocation).

**MyLifeLine** — CSC's private, online community allows patients and caregivers to easily connect with friends and family to receive social, emotional, and practical support throughout the cancer journey and beyond. Connect with other caregivers by joining the Caregiver Support online discussion board. Sign up at [www.MyLifeLine.org](http://www.MyLifeLine.org).

**Grassroots Network** — Make sure your voice is heard by federal and state policy makers on issues affecting cancer patients and survivors by joining our Network at [www.CancerSupportCommunity.org/become-advocate](http://www.CancerSupportCommunity.org/become-advocate).

**Cancer Experience Registry**® — Help others by sharing your cancer patient or cancer caregiver experience via survey at [www.CancerExperienceRegistry.org](http://www.CancerExperienceRegistry.org).

The Cancer Support Community provides this information as a service. This publication is not intended to take the place of medical care or the advice of your doctor. We strongly suggest consulting your doctor or other health care professionals to answer questions and learn more.

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