

After Treatment Ends

The end of treatment doesn't always mean the end of caregiving. Manage this transition and the emotional challenges that might come with it.

TRY THIS

Discuss follow-up care. Your loved one may or may not need you to help with follow-up care.

Think of yourself, too. Catch up on the things you might've missed out on like check-ups, exercise, and the activities you love.

Process your feelings. Some caregivers find it harder to deal with their emotions after treatment. Find ways to manage these feelings so they don't become a problem.

CHECK THIS OUT

Visit the Springboard page After Treatment Ends. <https://survivorship.cancer.gov/springboard/get-support/after-treatment-ends>

Read the *Facing Forward* (<https://go.usa.gov/xRfDq>) booklet from the National Cancer Institute and the American Cancer Society's Life After Treatment Guide (<https://goo.gl/K2PD5j>).