

# Being a Caregiver

Understanding your role and its responsibilities is the first step toward being an effective caregiver. Use these tips to get started.

## TRY THIS

**Understand your role.** Caregivers do a lot. They communicate, make decisions, and support the patient.

**Communicate openly and often.** Talk with your loved one about how you can help, and be honest when you need extra support.

**Think about the impact on your life.** Plan for these changes, like taking time off from work or being away from home a lot.

**Keep records.** Thorough records of appointments, treatments, and medications can help you file health insurance claims.

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## CHECK THIS OUT

**Visit** the Springboard page Being a Caregiver. <https://survivorship.cancer.gov/springboard/get-support/being-a-caregiver>

**Read** about what caregivers do. <https://goo.gl/2UGFct>

**Read** these publications for caregivers. <https://go.usa.gov/xRf3J>

**Learn** how to keep records. <https://goo.gl/W4eEVG>