

# Cancer Glue for Caregivers: A Compassionate Guide to Supporting Loved Ones on Their Healing Journey

When a loved one is diagnosed with cancer, the journey can be overwhelming and emotionally draining. Caregivers often find themselves taking on new responsibilities, providing emotional support, and navigating the complexities of medical care.

In her book, *Cancer Glue for Caregivers*, author and caregiver advocate Susan Engh provides a compassionate and comprehensive guide to support caregivers through this challenging time.



## Cancer Glue For Caregivers: Give & Accept Help, & Protect Yourself by Anupriya Goel

★★★★☆ 4.1 out of 5

Language : English  
File size : 2573 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 33 pages  
Lending : Enabled





## **Navigating the Emotional Rollercoaster**

Engh acknowledges the rollercoaster of emotions that caregivers often experience, from grief and fear to guilt and exhaustion. She provides practical coping mechanisms and self-care strategies to help caregivers manage these emotions and maintain their own well-being.

## **Practical Guidance for Medical Care**

Cancer Glue for Caregivers also offers invaluable guidance on medical care, helping caregivers understand the complexities of cancer treatment, interpret medical jargon, and advocate for their loved ones.



# CAREGIVER'S CHECKLIST

## Dressing & Personal Hygiene

- Bath/shower assistance
- Lotion applied as needed
- Teeth brushing & dental appliance cleaning
- Shaving & hair trimming
- Brushing/styling hair
- Makeup application & removal
- Finger and toenail care
- Pick out clothes
- Toilet assistance
- Monitor & change incontinence undergarments & medical devices
- Change soiled clothing if needed

## Health and Medication Management

- Remind & aid in taking medication
- Refill & organize pills
- Monitor & document vitals etc
- Assist with home exercise or therapy prescribed by physician
- Attend medical appointments & update doctors and nurses

## Eating & Nutrition

- Help with or do groceries
- Prepare meals and snacks
- Assist with eating
- Ensure proper daily fluid intake

## Help with Mobility

- Take to doctor's office, go outside or go have activities
- Transport & assist to social events etc

## Companionship

- Listen, play games, watch movies, read, etc.
- Encourage others to visit

## Light Housework

- Clean kitchen after food preparation
- Vacuum/Mop up spills
- Wash dishes
- Do laundry & put away clothes
- Take out trash
- Make & change bed as needed
- Wipe down bathroom sink & shower
- Retrieve mail & help with bill payments

Understanding medical care can be overwhelming for caregivers.

## Communication and Relationship Dynamics

Engel emphasizes the importance of open and honest communication in caregiver-patient relationships. She provides tools and techniques to

facilitate difficult conversations, address sensitive topics, and maintain a strong bond despite the challenges.

## **Community and Support**

Cancer Glue for Caregivers recognizes that caregivers need support and community. Engh shares her own experiences as a caregiver, connecting with readers on a personal level and providing a sense of validation and understanding.



## **Making the Most of Time**

With limited time and energy, Engh encourages caregivers to focus on what matters most. She provides tips for creating meaningful moments, celebrating the good days, and coping with the inevitable setbacks.

Cancer Glue for Caregivers is a lifeline for caregivers facing the complexities of cancer treatment. Through her compassionate guidance, practical advice, and personal insights, Susan Engh provides an invaluable resource to support these unsung heroes on their journey.

By offering tools, coping mechanisms, and a sense of community, Cancer Glue for Caregivers empowers caregivers to provide the best possible support to their loved ones while navigating their own emotional and practical challenges.



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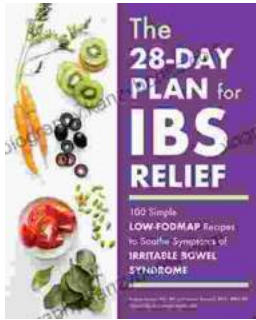
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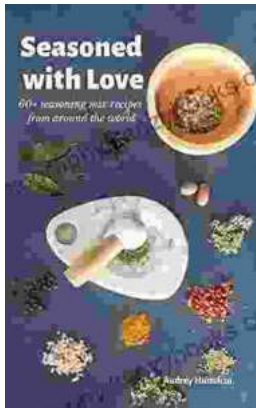
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