

## Part 1: The importance of family carers

### The caregiving team- it doesn't have to only be you

- Having 1 or 2 family members attend a consultation can be beneficial, however, sometimes more than this might be impractical.
- Whilst it would be ideal for the same family carer/s to attend consultations (for consistency), this may not be possible for some families. In this situation there may be 2 or 3 carers who share the role.
  - It is recommended that (if okay with the patient) each of these carers are aware of the medical situation and are kept up to date with the information and decisions
  - Group text messages or emails summarising the consultation and latest information can be helpful in this situation (with the patient's permission).
- A wider network of family, friends and acquaintances may be involved in other ways in the care of the cancer patient (e.g. a friend may drive a patient to treatment sessions; a sister may sit with a patient in the evening when they are in hospital).
- The support of these family members and friends can help reduce the load on the primary carer.

On the next page is an optional activity, that can help you map out who may be involved in the care of your loved one.