

## 10 things to know as a caregiver

---

1

### You are an important member of their care team

Don't be afraid to speak up. Ask questions, and take notes during doctor's visits.

2

### Keep the person you care for involved in their care

Let them make their own decisions whenever possible. You and their care team can help keep everything on track.

3

### Also take care of yourself

Take the time to recognize when you are feeling stressed or burned out. Meditate, exercise, get a good rest, see your friends, take some time for yourself...whatever you need to be at your best.

4

### Set boundaries

Encourage the person you care for to care for themselves as much as they can. This will keep them more engaged in their treatment.

5

### Forgive yourself

Caregiving is not an exact science. Everyone makes mistakes. Some days you'll do better than others. Focus on what you did and are doing well.

6

### Don't try to do everything by yourself

This is not a solo job. It is a team effort. Reach out for help when you need it. Make a list of the areas where you most need help. Include the names of the people most likely to be able to help.

7

### Have open conversations with the person you care for

There is a special bond between the caregiver and the one receiving treatment. Make sure you know what they are feeling and thinking, and that they know the same about you.

8

### A positive attitude will take you far

It's not always easy to keep your chin up, and that's okay. But focusing on what's going well can up your spirits and make things easier.

9

### Education helps

There are plenty of resources out there for you to learn about lymphoma. Learning more can help you assist the person you care for during doctor visits. It can also help you relate to their experience. What's more, these resources can help you understand the positives to focus on.

10

### You're not alone

Taking advantage of caregiver resources, including online support groups, can ease a lot of the burden. It can also give you an outlet for any stress or frustration you may be feeling.