

A CAREGIVER'S GUIDE TO THE JOURNEY AHEAD

HELPING YOU PREPARE FOR A LOVED ONE
LIVING WITH METASTATIC CANCER





Hearing about metastatic
cancer can be overwhelming.
This road map will help you
and your loved one
navigate the road ahead.

YOUR JOURNEY STARTS WITH A WELL-FORMED PLAN

1

Familiarize yourself with your new team members

Metastatic cancer may bring new team members into the picture. What members of your loved one's new healthcare team do you know or have you interacted with?

- Oncologist (doctor who specializes in treating cancer)
 - Medical Oncologist
 - Radiation Oncologist
 - Surgical Oncologist/Surgeon
- Oncology Nurses
- Nurse Navigators
- Psychiatrist/Psychologist
- Social Worker
- Rehabilitation Services
- Home Care
- Palliative/Hospice Care

If you're not familiar with any of these team members, reach out to your healthcare team to find out what role they play in your loved one's care.

For additional information about caregiving, see the suggested resources on the back cover.

2

Great care starts with you

In order to provide optimal care for your loved one, you need to take care of yourself first. Then you can help them stay focused on dealing with their cancer. Here are some things you can do to accomplish this:

- Set aside some "me" time to recharge your body, mind, and spirit
- Listen and provide emotional support
- Focus on your loved one's mental, social, and spiritual well-being
- Monitor pain and side effects; report any changes to the healthcare team
- Take notes and ask questions during doctor appointments
- Share responsibilities with other family members

3

Prepare early on for the new road ahead

As a caregiver, there are a number of things you can do right now to help your loved one maintain peace of mind and achieve what is important to them:

- Resolve health insurance issues
- Take charge of all bookkeeping and financial matters
- Obtain your loved one's passwords and login information for their accounts
- Establish power of attorney
- Learn about and prepare for hospice care
- Assist your loved one with leaving a legacy (eg, creating videos, writing cards)

4

Be aware of areas in his/her medical care that may be overlooked

While your loved one and healthcare team focus on treating the disease, here are some other important areas that you should keep in mind:

- Emotional Well-Being
People with metastatic cancer may experience depression or anxiety. Mental health and social services can help you and your loved one better manage cancer and its treatment.
- Ability to Process Information
People with metastatic cancer may have trouble understanding information. This includes having trouble remembering things, paying attention, or learning.¹
- Serious Bone Problems
After cancer spreads to bones, it can weaken them. This can cause serious bone problems, such as broken bones, a need for surgery to prevent or repair broken bones, a need for radiation treatments to the bone, and pressure on the spinal cord.^{2,3} Ask your loved one's healthcare team about the risk for these serious bone problems.

If your loved one is having these problems, they may not want to bring it up on their own. If you think you notice any of these signs, talk to them about it and then tell your doctor right away.

Helpful support materials for caregivers

From institution materials to advocacy networks, there are many resources you can access to be an even more knowledgeable caregiver. Below are a few suggested resources that can help:

INSTITUTIONS

Caregiver Media Group
www.caregiver.com
Caregiver Bill of Rights (Article)
www.caregiver.com/articles/caregivers-bill-of-rights/

Dana-Farber Cancer Institute
www.dana-farber.org

Help for Cancer Caregivers
www.helpforcancercaregivers.org

MD Anderson Cancer Center
www.mdanderson.org

Memorial Sloan Kettering Cancer Center
www.mskcc.org

National Cancer Institute (NCI)
www.cancer.gov

ADVOCACY/NONPROFIT GROUPS

American Cancer Society
www.cancer.org

CancerCare
www.cancercare.org

Cancer Support Community (CSC)
www.cancersupportcommunity.org

LUNgevity
www.lungevity.org

Metastatic Breast Cancer Info Center
www.mbcinfocenter.com

Sharsheret
www.sharsheret.org

Well Spouse Association
www.wellspouse.org

Amgen does not endorse and is not responsible for the content included in these resources.

References: 1. American Society of Clinical Oncology. Attention, thinking, or memory problems. www.cancer.net/coping-with-cancer/physical-emotional-and-social-effects-cancer/managing-physical-side-effects/attention-thinking-and-memory-problems. Accessed May 12, 2020.
2. American Cancer Society. Bone metastasis. www.cancer.org/content/cancer/en/treatment/understanding-your-diagnosis/advanced-cancer.html. Accessed May 12, 2020.
3. American Cancer Society. Managing Symptoms of Bone Metastases. www.cancer.org/treatment/understanding-your-diagnosis/advanced-cancer/managing-symptoms-of-bone-metastases.html. Accessed May 12, 2020.



Amgen Inc.
One Amgen Center Drive
Thousand Oaks, CA 91320-1799

www.amgen.com
©2020 Amgen Inc. All rights reserved.

USA-162X-80647

04/20