

J&J
withMe

Caring Together

A resource for the Care Partners of people
living with cancer



(Your Name)

- ☐ I am new to being a Care Partner
- ☐ I have been a Care Partner for some time

Every Care Partner's story is unique. This handbook has been designed with you in mind, regardless of where you are in your Care Partner journey.

Where Do I Start?

This handbook is a tool, not a to-do list. You may want to flip to a specific area, read it straight through, or bookmark certain pages and come back later. Use it however it best fits your time and needs.

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Learn strategies to take care of yourself while being a Care Partner to your loved one.

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Help support your loved one through their cancer diagnosis while learning alongside them.

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01 Taking Care of You

It's normal to feel guilty doing things for yourself when caring for a loved one, but ultimately you will find that you can do more for them if you take care of your own well-being. Over the next few pages, you'll find tips and strategies to help you take care of yourself.



Practice Self-Care



Manage Your Good (and Not-So-Good) Days

As you manage your days as a Care Partner, incorporating strategies like pacing yourself while completing tasks and sharing your feelings with someone in your support network can help you take care of your well-being.



It's OKAY to Take a Break!

Caring for a loved one with cancer is a challenging journey that can take a toll on your emotional well-being, so it's essential to care for yourself too. Taking breaks, even for a few minutes, to do something you enjoy can help you recharge.



Don't Forget to Take Care of YOU!

As a cancer Care Partner, prioritizing your well-being is crucial. Squeeze in exercise, even a short walk, to recharge. Eat balanced meals, especially during long appointments, and ensure you get enough sleep to restore your energy. Don't neglect your own checkups and medications—they're vital for staying strong and supporting your loved one.

Activity (for example: take a walk)

Date (for example: next Tuesday)

Reason (for example: clear my head)

Identify and Share Your Needs

Care Partners can often be so focused on caring for their loved one's well-being that they may lose sight of their own. Identifying and sharing your needs can be a powerful tool in managing your well-being as a Care Partner. This will also give you something easy and specific to refer to when someone in your support network asks, "What can I do to help?"

Use the prompt below to identify your needs. Some Care Partners feel they need affection, while others may need quiet time, practical support, or time away from their responsibilities. Once you have defined the need, you can identify ways to have the need fulfilled.

I need:

(For example: a few hours away from my caregiving duties)

Asking for Help: When and How

Don't wait until you're overwhelmed—ask for help early. Start by:

- Creating a list of people willing to pitch in.
- Outline specific tasks they could handle.
- Be clear about what you need, such as, "Can you drive Jane to her appointment Monday morning?" This clarity makes it easier for others to step up.
- Ask your Care Navigator about online tools to help coordinate your circle of friends and family for emotional and practical support.

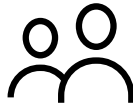
Many people want to help but may not know how. By reaching out and sharing specific needs, you give others the opportunity to make a meaningful difference in your caregiving journey.

Don't Go at It Alone

Identify Your Support Network

As a Care Partner, you may have people in your life who provide you with support. Identifying those individuals or groups can provide a tangible reminder of your network. When things feel overwhelming, you know who you can quickly reach out to for help.

In the spaces, write down names of the people in your life who provide you with support. It's OK if some of the blanks are filled in with the same name or not filled in at all. Additionally, ask your loved one's Care Navigator about support groups available for Care Partners.



(Your Loved One's Doctor)

(A Family Member)

(A Friend)

(A Neighbor)

(Your Loved One's Care Navigator)

(Other)

In addition to your healthcare team, you can contact your loved one's Care Navigator by calling **833-JNJ-wMe1 (833-565-9631)**, Monday–Friday 8:30 AM–8:30 PM ET.



02 Being Your Loved One's Advocate

The next few pages will share ways you can work together with your loved one (and their healthcare team) to ensure they receive effective, meaningful care.

“Caregiving is the heart of healing—it’s love in action.”

- Unknown



Knowing Where to Start

The list below includes tips and resources for you and your loved one.

Check the boxes as you explore items on the list. You may have completed a couple already.

- ☒ **Read through this handbook**
You've already taken an important step in learning more about caring for someone with cancer. Great work!
- ☐ **Attend your loved one's next healthcare appointment**
Learning more about your loved one's cancer type can help you anticipate their needs and feel more in control. Additionally, you can provide support by taking notes and reminding them to ask any questions they may have.
- ☐ **Connect with your loved one's Care Navigator**
The J&J withMe Program is here for Care Partners too! Care Navigators know how important your role is and that you need support just as much as your loved one. Our Care Navigators are ready to help you every step of the way.
- ☐ **Stay informed**
J&J withMe Care Navigators provide personalized support, connecting you with advocacy groups and offering one-on-one education to empower you with the knowledge and resources needed to support yourself and your loved one effectively.

Take Small Steps

Tips for Supporting Your Loved One with Cancer

Understand Their Journey:

- ☐ Learn about the condition, and potential side effects with help from their healthcare team and their withMe Care Navigator.

Support Communication:

- ☐ Keep a health journal for appointments and questions.
- ☐ Accompany them to appointments and take notes.

Provide Practical Support:

- ☐ Assist with personal care, medications, and health tasks.
- ☐ Take on household chores and errands.

Offer Emotional Support:

- ☐ Listen actively and validate their feelings.
- ☐ Respect and support treatment decisions.

Find Additional Resources:

- ☐ Explore local support groups via the Care Navigator.
- ☐ Seek help transitioning after treatment ends.

Caregiving makes a difference—your support matters!

