

Supporting someone with cancer Te manaaki i tētahi e māuiui ana nā te matepukupuku



A guide for partners, family/whānau and friends



ANY CANCER, ANY QUESTION 0800 CANCER (226 237) Cancer Information Helpline

Your GP: phone _____

Your nurse: phone _____

Your local Cancer Society office: phone _____

24 hour Emergency: phone 111

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Publications statement

The Cancer Society's aim is to provide easy-to-understand and accurate information on cancer and its treatments and the support available. Our cancer information booklets are reviewed every four years by cancer doctors, specialist nurses and other relevant health professionals to ensure the medical information is reliable, evidence-based and up-to-date. The booklets are also reviewed by consumers to ensure they meet the needs of people with cancer.

Our key messages and important sections have been translated into te Reo Māori. Our translations have been provided by Hohepa MacDougall of Wharetuna Māori Consultancy Services and have been peer reviewed by his colleagues.

Other titles from the Cancer Society of New Zealand Te Kāhui Matepukupuku o Aotearoa

Booklets

Advanced Cancer/Matepukupuku Maukaha
Bowel Cancer/Matepukupuku Puku Hamuti
Bowel Cancer and Bowel Function: Practical advice
Breast Cancer/Te Matepukupuku o nga Ū
Breast Cancer in Men: From one man to another
Cancer Clinical Trials
Cancer in the Family: Talking to your children
Chemotherapy/Hahau
Complementary and Alternative Medicine
Coping with cancer
Eating Well During Cancer Treatment/Kia Pai te Kai i te wā Maimoatanga
Matepukupuku
Emotions and Cancer
Getting on with life after cancer
Living with dry mouth/Te noho me te waha maroke
Kanesa o le susu/Breast Cancer (Samoan)
Lung Cancer/Matepukupuku Pūkahukahu
Melanoma/Tonapuku
Prostate Cancer/Matepukupuku Repeure
Radiation Treatment/Haumanu Iraruke
Secondary Breast Cancer/Matepukupuku Tuarua ā-Ū
Sexuality and Cancer/Hōkakatanga me te Matepukupuku
Talking about grief and loss

Brochures

Being Active When You Have Cancer
Being Breast Aware
Bowel Cancer Awareness
Gynaecological Cancers
Questions You May Wish To Ask
Talking to a Friend with Cancer
Thermography

Cancer Society Information and Support Services

The Cancer Information Helpline is a Cancer Society service where you can talk about your concerns and needs with cancer nurses on **0800 CANCER (226 237)**.

Your local Cancer Society offers a range of services for people with cancer and their families.

These services may include:

- volunteer support including drivers providing transport to treatment
- accommodation while you're having treatment away from home
- support and education groups.

The range of services offered differs in each region so contact your local centre to find out what is available in your area.

For information on practical support and the emotional impact of cancer, we suggest you read our booklet *Coping with Cancer: Your guide to support and practical help*. You can get a copy from your local Cancer Society, by phoning the nurses on the Cancer Information Helpline **0800 CANCER (226 237)** or by downloading it from our website (www.cancernz.org.nz).



Suggested websites

Carersair.net.nz

A place for family carers and friends to watch, listen, read, share, learn ... your place to close the hatch and unwind.

<http://www.carersair.net.nz/>

Macmillan Support UK

"Working while caring for someone" is available on Macmillan's website:

<http://www.macmillan.org.uk>

Young Carers UK

An innovative, online service for young carers from Carers Trust.

<http://www.youngcarers.net/>

Cancer.net

This site has practical information for carers.

<http://www.cancer.net/>

Ngā paetukutuku pai

Carersair.net.nz

He wāhi mā ngā kaimanaaki whānau me ngā hoa ki te mātakitaki, ki te whakarongo, ki te pānui, ki te tohatoha,...tōu ake wāhi ki whakangaro i a koe anō.

<http://www.carersair.net.nz/>

Macmillan Support UK

Ka taea a “*Working while caring for someone*” i te paetukutuku o Macmillan:

<http://www.macmillan.org.uk>

Young Carers UK

He ratonga ā-ipurangi auaha mā ngā kaimanaaki mai i te Carers Trust.

<http://www.youngcarers.net/>

Cancer.net

He pārongo pai mā ngā kaimanaaki kei tēnei paetukutuku.

<http://www.cancer.net/>

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Who is a supporter?

A supporter is someone who helps and supports a person through cancer. Supporters can provide support in different ways: practical, physical, emotional and spiritual. You may be a partner, relative, friend or neighbour. Anyone can be a supporter of someone with a cancer diagnosis - it doesn't matter what your age, gender, sexuality, profession or cultural background is. You may provide support for a short time or over months or years.

You may not see yourself as a supporter, rather as someone simply taking care of a person who needs you. You may see your role as a natural extension of your relationship. Being a supporter might mean adjusting the relationship you have with the person already.

The benefits of being a supporter

Supporting someone can be very positive. It can be very satisfying to know that you are making a difference. You might feel surprised and pleased with the way you handled the situation and the new skills you have learnt. Supporting someone with cancer can help you think about your values and what matters to you.

Spending time with the person with cancer can help build your relationship with them and be a rewarding time. Many people say that going through cancer leads to a better understanding of each other, improved communication and a stronger connection.

The older person as the supporter

If you are an older person supporting someone with cancer, you may have difficulties with your own health. You may feel like you are the only one who can do the supporting.

You may need to think about:

- getting help with practical needs, such as housework, shopping, equipment, showering/bathing or meals
- how you will take on new tasks that you are not confident about, such as driving in the city, managing appointments or finances
- looking after your own health with regular visits to your GP, dentist, optician or other specialists
- keeping your family involved. You may be surprised about what they can do, such as helping with making changes to appointments, transport, running errands or coming to appointments with you. Often people want to help, but aren't sure how to. If there are some things they can take on, it can take the pressure off you and they will feel good for helping
- having regular breaks such as going for a walk or having a neighbour in to sit with the person you're supporting. Talk to a social worker or your GP who can assess your needs as a supporter

“I found going to the beach and being alongside water was very helpful.”

- Mark

- having someone to talk to about how you are coping
- looking for online support. Visit the Carers NZ website www.carers.net.nz.
- having after-hours phone numbers handy
- talking to the healthcare team about getting information about treatment
- checking your understanding of medications the person with cancer is having
- recognising your strengths and limitations.

Older supporters can receive further support over the phone, on the internet or in person. Contact a nurse on the Cancer Information Helpline **0800 CANCER (226 237)**.

Young people as supporters

Being a young supporter can affect your life in many ways. You may find that you can't concentrate at school or college, and that you don't have as much time to study. It could be hard to keep up with your friends. You may have to cancel plans to look after the person who has cancer.

“At least I knew how to work a washing machine when I got to uni!”

- Aphra, 18, a young supporter

As a young supporter, you might do extra things to help your family - things that your friends won't necessarily be doing, such as:

- making dinner
- washing the dishes
- cleaning the house
- doing the food shopping
- washing clothes
- looking after brothers or sisters.

You may also be asked to do things for the person who has cancer, such as helping them get dressed or helping them with their medicines. You may be 'there for them' to listen when they need to talk.

You may be worried about what's happening at home when you're not there. You may feel angry with the person you're looking after. You may feel neglected, and then feel guilty for feeling that way.

Being a young supporter is a big responsibility. And that can, sometimes, be really hard. But positive things can also come out of the experience. Things like becoming closer to the person you care for, learning new skills and feeling more mature.

It's very important to remember to look after yourself. You may feel like you have the weight of the world on your shoulders, or that you have to be strong for others. But you should only ever take on as much as you can handle.

Tips from other young supporters

- If you're feeling stressed out, talk to someone. It could be a friend, a teacher, another family member or psychologist/counsellor.
- You may want to let your school or college know what's going on. There may be times when you need extra help with your work, or when you need time off. Your teachers can only support you if they know what's happening at home.
- Make time for yourself. Do something that takes your mind off the situation, like playing sport, spending time with friends, painting or walking the dog. Remember, you're still allowed to enjoy yourself. Many people feel guilty for feeling happy or having fun, but it's very important to allow yourself this.
- As a young supporter, if you don't feel comfortable doing something (for example, helping someone go to the toilet) you can say 'no'. This might be important if the person with cancer tends to confide in you about their feelings. Ask their permission to say 'no' if there are times when it all feels too much for you. It might help to encourage them to have more than one person they can talk to (for example, a counsellor). Contact your local Cancer Society for information on talking to a counsellor.

For more information you can download Macmillan UK's complete handbook *Let's talk about you*, which is available on the Macmillan Cancer Support's website at this address:

<http://www.macmillan.org.uk/Documents/Cancerinfo/Ifsomeoneelsehascancer/Letstalkaboutyou.pdf>



Understanding your emotions when you hear about their diagnosis

The person with cancer may respond to stress in a completely different way to you and this can be hard to understand. One person may express their emotions more openly than the other (such as crying or talking about their feelings). A stressful event like cancer may make this more obvious. There is no right or wrong reaction to a cancer diagnosis.

“It’s important to be on the same page and to check in with each other regularly. We also now respect that we are a bit different in the way we cope with things.”

- Phil

You may feel some or all of the following emotions. They won’t happen in any particular order:

- loneliness and isolation
- fear and anxiety
- sadness and depression
- guilt
- frustration
- anger
- resentment
- helplessness
- loss and grief.

Me mōhio ki ngā kare ā-roto ka puta i te wā rongō ai koe mō tō rātou whakatau mate

Tērā pea ka rongō koe i ētahi o ngā kare ā-roto, te katoa rānei o ngā kare ā-roto e whai ake. Ehara i te mea ka whai raupapa ēnei āhuatanga:

- te mokemoke me te noho taratahi
- te matakū me te anipā
- te pōuritanga me te māuiui
- te hara
- te muhumuhu
- te riri
- te hīkaka
- te paraheahea
- te ngaronga ā-mate me te pāmamae.

Ngā Tīwhiri

Me kōrero ki tētahi kua mōhio kē ki ēnei momo āhuatanga

- Whakapā atu ki a Cancer Connect mā te Kāhui Matepukupuku.
- Whakauru atu ki tētahi rōpū tautoko.
- Torotoro atu, kimi tautoko ā-ipurangi.
- Kōrero ki tētahi hoa.
- Kōrero ki tō minita, kaitohutohu ā-wairua rānei.
- Kaua e whakamā ki ngā āwhina ka puta ki a koe.

Feeling alone and lonely

Being a partner or supporter can be extremely lonely at times. Even if others offer help, you may still feel as though nobody else truly understands what you are going through.

Tips

Talk to someone who's been through this situation.

- Contact the Cancer Connect service through the Cancer Society.
- Join a support group.
- Access or find online support.
- Talk with a friend.
- Accept offers of help.
- Go to a local place of worship or talk to your religious or spiritual supporter.



Feeling frightened and anxious

Watching someone go through cancer and its treatment can be frightening. You may be fearful that the person with cancer won't get better or that you won't cope with the situation. The person with cancer may have their own fears, which may make it difficult to talk to them and share experiences.

Tips

- Many partners and supporters say that learning more about cancer helps them feel more in control, while others feel overwhelmed by the information available. You need to do what feels best for you.
- If you don't understand any of the information you have been given, talk to your cancer doctor or nurse.
- Talk to a counsellor. They can help you to talk through your feelings and think about practical ways to manage your fear and anxiety. For information on how to contact a counsellor, contact your local Cancer Society or phone the Cancer Information Helpline **0800 CANCER (226 237)**.

Feeling sad and depressed

It's common to feel down or sad at times when you are caring for someone with cancer. You may feel sad about what the person has to cope with or what they have had to give up. If you are partners then you may feel sad about not being able to enjoy things together as you used to. For some people the sadness may not go away. You may begin to feel down nearly all of the time and not able to pull yourself out of it. If this is the case, you may have depression. Other symptoms of depression can include changes in your appetite or weight, sleeping problems and feelings of hopelessness.

Depression is very different from sadness. Depression is an illness that may need treatment. There is very effective treatment for depression, and the earlier you seek advice, the better. If you think you might be depressed talk to your GP.

For more information and support, go to Depression NZ (<http://www.depression.org.nz/>).

Tips

- Try to do something you enjoy every day.
- Get up as soon as you wake up rather than lying in bed.
- Meet with a friend, text or email.
- Try to do some exercise. Even a 30 minute walk every day will make you feel better.
- Make an appointment with your GP and discuss how you feel.

Feeling guilty

Many supporters say they feel guilty.

You may feel guilty about:

- not being available as much as you'd like because of your other commitments
- not being able to do enough for the person with cancer
- knowing you are well and the person you are caring for is ill.

“I found it very difficult to cope with the fact that my health was so good. I used to feel so guilty every time Ben had chemotherapy and felt so sick afterwards.”

- Belinda

Tip

- Avoid thinking things such as ‘I should’ or ‘I must’. Be kind to yourself and accept you can’t do everything.

Te whakaaro hara

- Nā ō herenga whaiaro, kāre koe i te tino wātea i ētahi wā.
- Nā te pakupaku noa o tō tino āwhina i tō hoa matepukupuku.
- E ora pai ana koe ā, e māuiui ana tō hoa.

Feeling frustrated

Your frustration may be related to many things: lack of time to do your own thing, or not being able to change the situation for the person with cancer. You may feel frustrated about waiting for appointments or test results. Talk to your cancer nurse or doctor about this. Although it's a very normal feeling, frustration can make you feel anxious, upset or even angry at times.

Coping with Waiting is an information sheet that has advice on coping with stress caused by waiting for test results and appointments. You can read this on the Society's website (www.cancernz.org.nz). You can also get a copy by phoning your local Cancer Society or a nurse on the Cancer Information Helpline **0800 CANCER (226 237)**.

Tips

- Take regular breaks.
- Do something physical such as going for a walk. Even a short walk will make you feel better.



Feeling angry

There may be times when you feel angry about what you have to do or how the person with cancer treats you. You may feel that they don't appreciate everything you are doing, or that they are only thinking about themselves.

Tips

- In the heat of the moment, take a deep breath and walk away from the situation for a few minutes. Try to work out what is causing your anger.
- Try to rest when you can, eat well and do some exercise each day. Tiredness or hunger can make you angry more easily.
- Don't hold your anger in or pressure yourself to be positive and calm all the time. This can sometimes lead to an explosion of strong emotion.
- Remember you are human and feeling angry is part of that. But, you can choose how you react to this feeling. Ask yourself whether you need to let it go, or take action to tackle a problem.
- There are lots of positive ways to help you deal with anger such as listening to music (with earphones if necessary), going for a walk or run, writing your feelings down or talking to a friend or relative.
- Avoid using alcohol and other drugs to relieve anger. They may help in the short term to relax you but, overall, they will make you feel worse and may make you do or say things you regret.
- If anger has become a problem, talk to your GP or another health professional.

Feeling resentful

It is very normal for partners or supporters to, sometimes, feel resentful. This may be towards the person you are supporting. You may feel other family/whānau members, friends or medical staff could be doing more to help.

Loving someone doesn't always protect you from resentment. If your relationship with the person you are caring for was 'rocky' or had ended before they became ill, you may resent supporting them.

Tips

- Don't let resentment build up. It will make you feel worse, and affect your ability to support the person you care about. You may wish to talk to a counsellor if things become too hard and you are finding that you feel resentful all the time. Counsellors are experienced and will help you with ways to deal with this common feeling.
- You may consider other options for care for the person with cancer (for example, a rest home). It is okay to think like this. Sometimes, you have to make a decision that is right for you.

Feeling helpless

There may be times when you feel that there is nothing you can do to help. You can't take away the cancer or the pain. Many people say this makes them feel helpless or out of control. This can be especially hard for people who have always felt in control of life. Some people say they feel helpless as they have no medical background and feel overwhelmed when the person with cancer says things aren't going well.

Tips

- Have a list of all the numbers (in your contact list on your phone) of who to call when there's a problem, such as a GP, community cancer nurse, the hospital or hospice, or your social worker.
- Talk to a health professional working with the person with cancer, (for example, when their pain is worse, or they are feeling sick or very down).
- Feel reassured that the person you're supporting is glad you're there.

Feelings of loss and grief

Many changes and losses occur with cancer. You may feel that you have lost part of your relationship with the person you are caring for. You may be missing work, people, regular exercise or an active social life. Certain family/whānau and friends may be staying away because they are not sure how to deal with illness. You may be dealing with an uncertain future and financial changes.

Tips

- It can take time to adjust to the changes and challenges you are now facing, so be kind to yourself.
- Take time out to stay in touch with people.
- Talk to a counsellor.

Ngā kare ā-roto mō te ngaronga me te pāmamae

Ngā Tīwhiri

- He roa te wā ki te whakatika i a koe mō ngā panonitanga me ngā wero kei mua, nā reira kia āta haere.
- Noho whakapā ki ētahi atu tāngata.
- Kōrero ki tētahi kaitohutohu ārahi.

Feeling stressed

Looking after someone with cancer will be different for everyone. It is likely to bring a lot of stress into your life as you both try to deal with the demands of the treatment and its side effects or other changes. Feeling tired, upset, angry or anxious can add to your stress.

Some symptoms of stress can include:

- feeling very tired but having difficulty sleeping
- becoming easily upset
- feeling anxious all the time or having panic attacks
- regular headaches
- aches and pains
- high blood pressure
- an increased heart rate.

A lot of stress can lead to misunderstandings and hurt feelings, avoidance and withdrawal. Refusing to talk or withdrawing is often a response to strong emotions, such as fear and anxiety. This can be difficult to handle. If the person with cancer refuses or avoids talking about what's happening, this can cause a lot of frustration for the supporter. If this is a problem, talk to a counsellor, close friend or a member of your family/whānau.

Try to accept that they have their own way of coping, and some people prefer not to talk about their cancer or don't yet feel ready to do so. If someone coped with life's challenges in this way before the cancer came along, it's

likely they'll cope in the same way. It can help the person with cancer to express how they are feeling through other means (writing, art or music) if they're not 'a talker' or confident talking.

Tips

- Exercise regularly.
- Eat healthy food.
- Do something you find relaxing such as reading or listening to music or gardening.
- Ask others for help.
- Try to get enough rest and sleep.
- Don't use alcohol for comfort.
- Try to do some of your normal activities. Planning regular enjoyable activities can help you to feel like you still have some control at a time when so much is out of your control, and it gives you something to look forward to.
- Have a friend or family member who can be the main contact for information.
- Use voicemail, email or Facebook to let people know what's happening.
- Keep in touch with friends.
- Find out what services you are entitled to (for example, home help, meals or volunteer driving).
- Keeping a diary helps with expressing how you're feeling.

Te pōkaikaha

- Te ngenge engari kāre e taea te moe.
- Tere hōhā.
- Te anipā i ngā wā katoa, me te puta ohooho.
- Te riterite o te ānini māhunga.
- He pākikini, mamae hoki
- Te toto pōrutu.
- Te pikinga o tō kapa manawa.

Ngā Tīwhiri

- Kia kaha te kōkiri tinana.
- Me hauora ō kai.
- Rapua ngā mahi whakarata pērā ki te pānui pukapuka, te whakarongo pūoro, te naki māra rānei.
- Kaua e whakamā ki te tono āwhina mai ētahi atu.
- Kia kaha te whakatā me te hopu moe.
- Kaua e inu waipiro hei oranga ngākau mōu.
- Me kaha te whai tonu i ngā ngohe i mahia ki mua. Mā tō ata mahere i ētahi ngohe pai, e mōhio ai koe, ka taea tonu tō whakahaere i ētahi mea ahakoa, kua nui rawa ngā āhuatanga kua ara ake i tēnei wā, kei waho kē i tō mana whakahaere.

- Whakaritea he hoa, whānau rānei, hei tangata whakapānga matua mōu.
- Whakamahia te karere-mēra, he ī-mēra, a pukamata rānei, kia whakamōhio atu mō ōu nekenekehanga.
- Noho whakapiri tonu ki ō hoa.
- Rapua ngā ratonga e tika ana mōu, hei tauira atu, te āwhina ā-kāinga, te whakarite kai, he kaitūao rānei.
- Mā te tuhi rātaka e āwhina ki te whakaputa kare ā-roto.

Being over-protective

Sometimes, partners or family members do more for the person with cancer than that person wants. They may stop the person with cancer from expressing any negative thoughts for fear of burdening them. While it may be done with good intentions, it can often make the person with cancer feel powerless and unable to talk about how they feel. Often, people with cancer will not express bad thoughts to protect their supporters if they think they are stressed or fragile. This is another reason why taking really good care of yourself will help the person you're supporting.

Tips

- Check with the person about what they want to do for themselves and how you can help.
- Encourage them to be as independent as they can and to live as normally as possible.
- There will be good and bad days for both of you, and that's okay.
- Talk to a counsellor if you're worried about this.

Kaua e tāmi tangata

Ngā Tīwhiri

- Matapakinga tahi ai me tō hoa ōna hiahia, me pēhea hoki tō āwhina atu i a ia.
- Whakatenatenahia ia kia whai tonu i tōna motuhaketanga me te whai oranga ki tērā ka taea.
- Kāre e kore ka puta he rā pai, he rā kino ki a kōrua tahi ētahi wā, ā, he pai noa iho.
- Kōrero ki tētahi kaitohutohu ārahi mehemea e māharahara ana koe.

Talking about cancer all the time

Either person may wish to talk about the cancer or their feelings and this can be a useful way of thinking things through. However, constantly talking about cancer may become exhausting or distressing; it can drag down the mood and make people feel like the cancer has taken over all aspects of life.

Tip

- It may be useful for the other person to find support outside the relationship to meet their need to talk.

Caring for yourself

Key points

- Caring can be physically and emotionally demanding.
- Looking after your own wellbeing can relieve stress and tiredness.
- You may feel like your health and interests are less important than those of the person with cancer; however, it is important to take time for yourself, even if it's a few minutes a day.
- Supporters often forget to look after their own health. Try to eat well, get some exercise, rest and keep up your regular check-ups. Talk to your doctor about any health concerns, especially if you are feeling depressed.
- If you lift, move or physically support the person with cancer, get professional advice about safe ways to lift them.
- Life can seem uncertain at times. Learning more about cancer and treatment may help you feel more in control. You may also want to attend doctors' appointments with the person.
- Talking to friends and family or joining a support group can help you sort out your feelings and ways to deal with them.



- Organise your time wisely and try to concentrate on one task at a time. Using a diary and getting help from others can relieve some of the pressure.
- Focus on the value of your caring role can make you feel more satisfied.

Looking after your own health

Supporters often forget to look after themselves. If you are caring for someone, your own health and wellbeing is very important as well. It's important to say when you're not feeling well or when things are getting 'on top of you'.

Tips

- Give yourself permission to treat yourself.
- Eat healthy meals and snacks.
- Try to get enough rest. Taking a warm bath or listening to relaxing music before bed may help.
- Continue having check-ups with your own doctor.
- Don't use alcohol or cigarettes to deal with stress. These may make you feel better for a short time, but they cause other problems.
- Exercise for 15-30 minutes each day. This will give you more energy, help you sleep better and improve your mood.
- See a doctor if you notice changes in your health such as fatigue (tiredness that doesn't go away after resting), sleep problems, weight changes or depression.

- Take care of yourself if you are lifting, moving or physically supporting the person with cancer.
- Be clear with the person with cancer about what you can and cannot do to help them.
- Take some time each day for yourself.

Tiakina tōu ake hauora

Ngā Tīwhiri

- Whakanui i a koe anō.
- Kainga kia kai hauora.
- Me kaha te kapo moe. Mā te kaukau mahana, mā te whakarongo pūoro rānei i mua i tō haerenga ki te moe.
- Kia rite ō haerenga ki tōu rata ake.
- Kaua e whakamahia te waipiro, te kai hikareti rānei, hei patu i te mate pōkaikaha. He rongoā wā poto noa iho engari ka puta anō ētahi atu raruraru.
- Me korikori tinana mō te 15 ki te 30 meneti ia rā, ia rā. Mā tēnei e pakari ake ai koe, e pai ake tō moe, e whakapai ake hoki i tō ngākau.
- Haere ki te rata inā ka rongo koe i ngā rerekētanga ā-hauora, pērā ki te rūhā (he ngenge whai muri i te moe), ngā raru moe, te piki, heke rānei o tō taumaha, te māuiui rānei.

- Tiakina tō tinana mehemea ka hikihihi mea ana koe, kei te āwhina ā-tinana rānei koe i tō tūroro matepukupuku.
- Me ata mārama tō tūroro ki ngā mahi ka taea e koe me ngā mahi kāre e taea e koe te mahi.
- Whakaritea anō he wā mōu anake ia rā, ia rā.

Don't expect too much of yourself

Sometimes you may feel like you could have handled a situation better. It's okay to make mistakes. Don't expect too much of yourself. No one is perfect; you're doing the best you can.

Adjusting to change

Cancer is not just one stressful event to be dealt with and moved past - it is a series of changing situations and demands.

You may need to:

- talk to your employer about what's happening at home and that you may need extra time off
- talk to your bank about changing financial commitments to make them more manageable
- check what help you might be entitled to through your medical insurance
- talk to the school about what's happening and the possibility of changes in routine if you have young children.

Adjusting to shifting roles

When your loved one is diagnosed with cancer, there may be changes in family roles and routines. The person with cancer may not be able to manage all their usual roles and tasks. They may now be more dependent on you. You may have to take on roles that don't come easily or that you find hard to manage. Supporting the person with cancer to do things they are still able and want to do is important.

At first, a shift in roles may be difficult for you both. Talk together about how you are both coping with these changes. This may include doing less housework, simplifying tasks where possible or accepting offers of help from friends or family/whānau. Often supporters feel frustrated because their usual standards cannot be met. It can be helpful to talk to each other about this, and discuss what is most important. What you may value as important may not be to the person with cancer. Remember to be kind to yourself and keep things manageable.

Ways of coping when the 'going gets tough'

We all have our own ways of coping during bad times. However, many people supporting someone with cancer say they have times when they are 'fed up' and struggle to think how they can deal with the situation.

Tips

The following tips may help you 'hang in there' and feel more in control.

- Try to fit into your life one thing to look forward to every day, such as a catch up with a friend, a coffee date, time to yourself to read or go for a walk.
 - Try to read the signs of stress and do something before it gets too serious - if you are waking up every night at 3am and can't get back to sleep it may be stress. Don't lie there thinking - get up and have a drink (decaffeinated is best), listen to your favourite music and try to relax. You could listen to the Relax CD, which is available on our website www.cancernz.org.nz, or contact your local Cancer Society. Talk to your GP if it continues.
 - Allow yourself the time to feel and work through your emotions.
 - Don't be afraid to ask for help.
 - It is okay to feel angry, to cry and to let people see how you are feeling. You can't be cheerful all the time.
- Talk about your feelings with a close friend or relative or seek help from a counsellor.
 - Some people use their religious and spiritual beliefs to help them cope with their emotions. Cancer may challenge your beliefs but it can also make them stronger.
 - Take time out for yourself.
 - Keep a pen and paper close by to write your thoughts down. It could be by your bed in case you wake and feel anxious and restless. Many people say writing things down helps.
 - Know that we all make mistakes - none of us are perfect.
 - Accept yourself for who you are. Know that you are doing the best you can.
 - You can't do everything so don't expect to. There may be days when you need to leave certain things like the washing or cleaning. Just focus on those things that are really worth your time and energy.
 - Remember - some things you just can't change!

Kia tau te mauri

- Whakaritea he kaupapa kotahi mō ia rā, ia rā, pērā ki te haere tūtaki hoa, inu kawhe me tētahi atu, he wā hei pānui pukapuka, hīkoikoi haere rānei.
- Me whakatūpato i a koe anō ki ngā tohu o te pōkaikaha, me te whai āwhina i mua i te rarutanga - inā kei te oho koe i te toru karaka ia pō, ia pō, me te kore e taea o te hoki ki te moe, tērā pea e pōkaikahatia ana koe. Kaua e takoto noa iho me te whakaaroaro noa iho te mahi, me ara ake ka haere ki te tiki inu, ki te whakarongo ki ō pūoro pai rawa kia pai ake ai tō whakatā. Ka taea e koe te whakarongo ki te kōpaepae Relax kei runga i te paetukutuku www.cancernz.org.nz, mā te whakapā atu rānei ki tō Kāhui Matepukupuku ā-rohe. Kōrero ki tō rata ki te kore e mutu tēnei āhuetanga.
- Me āta noho ki te whakaaroaro i ngā kare ā-roto e puta ana.
- Kaua e matakū ki te tono āwhina.
- He pai noa iho te tuku i tō riri, te tangi rānei, te whakaputa i ō kare ā-roto rānei ki mua i te tangata. Ehara i te mea ka noho harikoa koe i ngā wā katoa.
- Kōrerohia ō kare ā-roto me tētahi hoa tata, whanaunga tata, me rapu āwhina i tētahi kaitohutohu ārahi rānei.
- Mā te whakapono e āwhina ētahi ō rātou ā-kare ā-roto. Tērā pea ka puta he wero nui ki tō taha whakapono, engari, he mea āwhina anō kia pakari ake hoki.

- Whakaritea he wā mōu ake.
- Whakaritea he pepa me tētahi pene hei tuhituhi i ō whakaaro. Tērā pea me mau ēnei te taha o tō moenga kei oho koe me te puta anipā, te okeoke rānei. E ai ki te nuinga, he āwhina te tuhi i ngā whakaaro.
- Me mōhio hoki, ka puta te mahi hē ki a tātou katoa - ehara tātou i te iwi harakore.
- Kia rata koe ki a koe anō. Ko te mea nui, kia mōhio koe ka taea.
- Kāre e taea ngā mea katoa, nō reira kaua e māharahara. Ka puta he rā tērā pea, kāore koe e hiahia ki te mahi i ētahi mahi, pērā ki te horoi kākahu, ki te whakapai rānei i te whare. Me whakapau kaha, e pai ana ki a koe.
- Me maumahara - e kore e taea ētahi mea te panoni!

How counselling can help

When you support someone with cancer, you will have to deal with many things for the first time.

No matter how you're feeling, support services are available to you. Your GP or medical team can refer you to someone who can help you manage these feelings such as a counsellor or psychologist who will:

- help talk to you about any fears, worries or emotions you may have
- help you to think about your feelings of loss or grief
- help you and the person with cancer manage the effects of cancer on your relationship
- help you cope with problems so that you can find more pleasure in your life
- teach you ways to manage your anxiety
- teach you ways to relax by meditation or breathing techniques, or recommend someone who can
- help you communicate better with your family
- help you work out ways to manage things that are causing you stress.

To find a counsellor, contact your GP, your local Cancer Society or phone the nurses at the Cancer Information Helpline **0800 CANCER (226 237)**.

“Terry’s way of coping was to get on with things whereas I wanted to talk things over and over. At times it was frustrating but I knew that he was doing what he needed to do to manage his thoughts and feelings.”

- Helen



Relationships with the person you are supporting, family and friends

Listening to the person with cancer

Listening is an important part of communication because it gives the person with cancer an opportunity to talk about how they're feeling.

Tips

- Ask if the other person feels like talking.
- Focus on the person and listen carefully. Try not to think about something else or plan what you will say next.
- Ask questions that will get the person with cancer talking.
- Don't interrupt or change the subject.
- Allow the person with cancer to be sad or upset. You don't have to keep them happy and in good spirits all the time. It can be very helpful for the person with cancer to hear something such as "I can see that you are very upset/sad/worried. This is a really difficult time for you". Let them know it's ok to cry or express themselves.
- Try not to give advice or feel like you have to come up with the ways to fix how they are feeling.
- Don't be shocked if they make jokes about cancer: humour and laughter help.
- If the person stops talking, give them some time to think rather than filling in the gap in the conversation.

"It is okay to show that you are upset too. Don't hide your feelings or put on a brave face."

- Harry

Ngā hononga me te tangata kei te manaaki koe, rātou ko ngā whānau me ngā hoa

Te whakarongo ki te tangata e pāngia ana ki te matepukupuku

He wāhanga nui tō te mahi whakarongo o te mahi whakawhitiwhiti nā te mea, ka whai wāhi te tangata matepukupuku ki te kōrerorero e pā ana ki ngā kare ā-roto e ara ake ana.

Ngā Tīwhiri

- Pātaihia rātou mehemea e hiahia ana rātou ki te kōrerorero.
- Me hāngai pū ki a rātou, me āta whakarongo hoki. Kaua e huri ō whakaaro ki wāhi kē, e huri rānei ki te whakarite, he aha te kaupapa o tō kōrero ka whai ake.
- Tukua ngā momo pātai ka whakamahi i te tangata matepukupuku ki te kōrero.
- Kaua e whakapōrearea, e whakarerekē rānei i te kaupapa.

- Tukuna te tangata matepukupuku ki te whakaputa i tōna pōuri, i tōna riri. Ehara i te mea me whai koe kia noho harikoa rātou i ngā wā katoa. Tērā pea he pai tonu ki te tangata matepukupuku te rongo i te kōrero, pēnei nā, ‘E kite ana au kei te pōuri rawa koe. He wā tino uaua tēnei mōu’. Me whakamōhio i a rātou, he mea pai tonu te tangitangi me te tuku i ō rātou whakaaro kia rere.
- Kaua e tohutohu i a rātou, e whakaaro rānei kei runga i ō pokohiwi, te tikanga ki te whakapai ake i te āhuatanga o ō ratou kare ā-roto.
- Kaua e tumeke ki ngā kōrero whakakata e pā ana ki te matepukupuku: he mea āwhina te mahi katakata.
- Ki te mutu tā rātou kōrerorero, tukuna te wā, kaua e huri ki te whakaputa kōrero hei whakakāi noa iho i te wā.

“Pai noa iho rā te whakaatu i ō kare ā-roto mehemea e riri ana koe. Kaua e huna i ō kare ā-roto.”

Effects on your sexual relationship

If it is your partner you’re supporting, you may find cancer and its treatment affects your sexual relationship. However, sex may be one of the things that makes life more normal.

Talking openly with your partner about sex can help. Speak to your partner about whether or not they need time and space to recover from treatment.

How it affects your sex life will depend on the type of cancer, the treatment and its side effects.

- Tiredness can make people lose interest in sex during and after treatment. This is called a lowered libido.
- Pain, medications and treatment can also reduce sexual feelings and desire. They can also affect someone’s physical ability to have sex.
- A person’s body may change after treatment, making them feel self-conscious and embarrassed.
- The stress of caring for someone with cancer may mean you, as a supporter, cannot think about anything else and have lost interest in sex.
- Many people worry that touching their partner will cause pain.
- If you provide personal care, such as showering the person or helping them go to the toilet, this can change the way you feel about having sex.

There are some ways you may be able to improve your intimate relationship with the person who has cancer.

Tips

- Restore the intimacy in your relationship by spending time alone together. If your partner is well enough, you may be able to go to a movie or out to dinner. Otherwise, watch a DVD together, give each other massages, read the newspaper together, look through photo albums or talk about how you first met.
- Your partner may need to be told that you love them and find them attractive despite the physical changes from cancer or treatment.
- If you no longer feel sexually attracted to the person with cancer, it may be helpful to talk with a trusted friend or a counsellor about how to handle this.
- Discuss any fears you have about being intimate with your partner or worries about causing them pain. Many people feel embarrassed talking about their sexual needs, but being open can help you identify changes you need to make.
- Go to an adult shop together and see what is available.



Ngā pānga ki ō hononga ai

- Tērā pea ka ngaro te hiahia ai i roto i te tangata i te wā o te maimoatanga, whai muri rānei i te maimoatanga, nā te puta o te ngenge. Kīia ai tēnei, ko te hekenga o te hiahia ai.
- Ka heke anō hoki te hiahia ai nā runga i ngā mamae ka puta, ngā rongoā me te maimoatanga hoki. He mea pā anō hoki ki te āheitanga ā-tinana ā tētahi ki te mahi ai.
- Tērā pea, ka panoni te tinana o te tangata whai muri i ngā maimoatanga, me te puta o te whakaaro kiri hihira me te whakamā ki a rātou.
- Tērā pea, kāre e taea e koe, i runga i ō kawenga hei kaimanaaki, ki te whakaaro mō te mahi ai, nā runga i ngā taumahatanga e pā ana ki te tiaki i tētahi tangata matepukupuku.
- He nui rātou ka noho māharahara mō te mahi whakapā atu ki ō rātou hoa, kei mamae rawa rātou.
- Mehemea ko koe te tangata e mahi ana i ngā mahi whaiaro, pērā ki te horoi i a rātou, ki te āwhina rānei i a rātou ki te haere ki te tiko, ka whakarerekē tēnei i ō kare ā-roto e pā ana ki te ai.

Talking with family and friends

You may feel uncomfortable talking to the person with cancer because you think they have a lot to deal with already and you are meant to be their support. You can share your feelings with trusted friends, family/whānau members or a counsellor. You may be surprised how helpful some people can be. Help can come from unexpected places.

When friends stay away

Cancer can change friendships. Some friends handle it well. Others cut off all contact. Friends stay away for different reasons. They may not be able to cope with their feelings or what's happening to you may remind them of a difficult situation in their past. Your friends can care for you, even when they stay away, but often don't know what to say.

“When my husband was first diagnosed with cancer, people were very supportive, but as the illness has continued people have gotten used to it and forget I still need help.”

- Jill

Many supporters say they find keeping family and friends up to date on the condition of the person with cancer is tiring and takes a lot of time. They also find it stressful dealing with other people's reactions to the updates. The following tips may help.

Tips

- Use technology such as group text messages, emails or Facebook to keep others up to date. You may want to start an online diary or blog.
- Ask a family member or friend to keep others up to date.
- Leave a voice mail message on your phone to reduce some of the time needed to answer calls. You could say something like, "Bill is doing okay with the chemo. He's mainly feeling tired. Thanks for your concern."
- Leave a note on your door to let visitors know you are resting.

Talking to your children about cancer

Talking about cancer with children or young adults can be hard. How you talk with a young person will depend on their level of understanding. For more information, download a copy of *Cancer in the Family* and *Supporting your Young Adult Children when you have Cancer* from the Cancer Society's website (www.cancernz.org.nz) or phone the Cancer Information Helpline **0800 CANCER (226 237)** for a copy.



When your support is not wanted

There may be certain tasks that the person you are supporting doesn't want your help with, such as putting the children to bed or doing the shopping. It may be hard to step back and let the person with cancer do things for themselves, especially if you can see they are having trouble.

If the person refuses your offers of help, you should respect this. If you are worried about the person with cancer's safety, you could place a bell nearby so they can ring you if they need to. You may say that you can come back regularly. You can also talk to your doctor or nurse to get some help in the home.

The person with cancer may do something that you do not agree with, such as refusing medications or wound care. If this happens, try talking to them about why they are feeling this way. Another family member or close friend may also be able to help. If this doesn't work, you should find support and advice from the healthcare professional. They may be able to discuss it more openly with the person with cancer.

“Mum’s been grumpy and difficult all her life and I realise that now she has cancer it won’t change. Even though she doesn’t want my help as her supporter, it won’t mean that I’ll stop caring about her.”

- Billy

If it doesn't work out

You might try to support the person with cancer but find it hard to cope with. Sometimes the changes in your relationship make it hard for you to give support. Don't feel bad about this.

It might help to get counselling, either alone or with the person with cancer. The counsellor can talk to you about ways to cope.

Ask your GP or call the Cancer Information Helpline **0800 CANCER (226 237)** for information on how to get a referral to a counsellor.

Dealing with practical aspects of being a supporter

Organising your time

It may not be possible to do everything you want to do. You may need to manage your time.

Tips

- Decide which of your weekly tasks and activities you should do first.
- Use a personal planner/diary to keep track of information and appointments.
- Concentrate on one task at a time (for example, making dinner).
- Avoid lots of shopping trips (for example, do one large shop rather than going daily).
- Ask for help from family, friends/whānau or support services. Someone else might be able to make dinner or drive the person with cancer to treatment. Asking for help is not a sign of failure and it may relieve some pressure.

Ngā āhuatanga o te Kaimanaaki

Te whakarite i tō ake wā

Tērā pea kāre e taea te tutuki i ō hiahia. Me āta whakarite wātaka.

Ngā Tīwhiri

- Whakarārangitia ō mahi ā-wiki me matua mahi tuatahitia e koe.
- Whakamahia he māherehere, rātaka whaiaro rānei hei hopu pārongo, hui rānei.
- Me hāngai pū ki te mahi kotahi arā, te wā tunu kai.
- Kaua e nui rawa ngā haerenga ki te toa. Kia kotahi anake te wā hoko i ngā mea katoa, kaua e haere ia rā, ia rā.
- Tonohia he āwhina mai i te whānau, mai i ngā ratonga tautoko rānei. Tērā pea ka taea tētahi atu te tunu kai, te taraiwa rānei i te tangata matepukupuku ki ngā ratonga maimoa. Ehara i te tohu o te koretake, te tono āwhina, ka whakamāmāhia ake ngā pēhitanga.

Asking for help

You may want to do all that is possible to help, especially at first. If the condition of the person with cancer changes over time, you may have to take on more tasks.

Some partners or supporters say they feel as though they have failed if they can't manage all the responsibilities of caring by themselves. Others worry that asking for help will be seen as a sign that they are not coping, and their role will be taken away. You may feel that everything should be provided by the family and that outside help is not necessary. But by asking for help you may be surprised by how useful their support is.

Write a list of simple things people can help you with (for example, taking the kids out, shopping or collecting a prescription).

“At first I didn’t ask for help, because I didn’t want to bother anyone. I see caring as my duty; I have to do it. I now realise people genuinely want to help. They need my help to show them how.”

- Karen

Working with the healthcare team

As a partner or supporter, you're part of a healthcare team made up of doctors, nurses and other health professionals who specialises in treating cancer. In some treatment centres these health professionals work together closely - this is often referred to as a multidisciplinary team.

The team will talk about the needs of the person with cancer and plan the best treatment for them. They may also refer the person to other health professionals who can also help to support them through their treatment. Your family doctor/GP will also be kept up to date.

You may not be used to dealing with health professionals. You may feel overwhelmed with all the new and detailed information. It can be scary to go to a new clinic or treatment centre. Having one contact person in the multidisciplinary team (such as a nurse) can make it easier to understand what's happening.

"Sometimes my extended family members would criticise and add further to the load. It was helpful for me to focus on the advice of the healthcare team."
- Sharon



Key points

- Find out who you can contact when you have questions and/or concerns about the person with cancer.
- Have a list of important phone numbers in an easy-to-find place.
- This list could include:
 - your GP
 - the community nurse
 - the hospital appointment office (the person who arranges your hospital appointment)
 - an after-hours emergency phone number
 - a social worker
 - a nurse specialist
 - a cancer treatment centre
 - the Cancer Information Helpline **0800 CANCER (226 237)**.

Tips

- Make sure you have the phone numbers for people to contact in an emergency in an easy-to-find place. (You could write your phone numbers into the box on the inside cover of this booklet and keep it near the phone.)
- If you are handing care over to someone else, show them this list of contacts.

Te kapa toihauora

Ngā āhuatanga matua

- Rapua te tangata hei whakapānga atu māu, ka puta ake ana he pātai, he āwangawanga rānei e pā ana ki te tangata matepukupuku.
- Whakaritea he rārangi o ngā tau waea matua, ki tētahi wāhi tere mōhio ai koe kei hea.
- Pēnei kī:
 - to rata
 - te tapuhi ā-hapori
 - te tari o te hōhipera (te tangata nāna te mahi whakarite haerenga ki te hōhipera)
 - he tau waea wā whawhati tata mō ngā hāora whai muri i te mahi
 - tētahi tangata tauwhiro
 - he mātanga tapuhi
 - tētahi pokapū maimoa matepukupuku
 - te Cancer Information Helpline **0800 CANCER (226 237)**.

Ngā Tīwhiri

- Matua whakarite kei a koe ngā tau waea mō ngā tangata hei whakapā atu i te wā whawhati tata, ki tētahi wāhi tata ki tō waea.
- Ka riro i tangata kē te tiaki tūroro, whakaatungia te rārangi whakapā.

Including supporters in the healthcare team

Working with health professionals when you are caring for someone with cancer may vary some people have good experiences, while others may feel that their role is not acknowledged. If you feel you aren't being recognised as a supporter, talk to the healthcare team about your role. For example, some young supporters are not included in important conversations because the health professionals believe that the person is too young to be in the supporting role.

It's important that any conversation about the person with cancer happens with their consent.



Confidentiality and sharing information

At times, you may be worried about the person with cancer and how to look after them. You may feel uncomfortable about asking the health professionals questions or that you are not being kept up to date with what is going on.

Professionals will only share information with relatives or a person chosen by the person with cancer. If the person with cancer would like the health professionals involved in their care to share information with you, they should let them know as early as possible.

Before you see the doctor

Before the visit, together:

- write down any questions you may both have so you can discuss them at the appointment
- list all the drugs being taken, the dose, and any side effects the person with cancer may be having
- write down any change in the person with cancer's condition.

During the visit it can be helpful to:

- take notes during the discussion with the doctor
- write down any instructions
- check that you've understood what the doctor has said
- ask the doctor if they can give you printed information or tell you where to find further information
- refer to your GP if you would like a summary of the patient's notes. The patient will need to give their consent for this to happen.

After the visit it can be helpful to:

- read your notes
- write down when your next appointment is
- contact the GP or hospital about changes in the person with cancer's condition with their consent
- have a list of the many different health professionals involved, their roles and their phone numbers.

I mua i te haere ki te rata

I mua i te haere, me mahi ngātahi kōrua:

- ki te tuhi i ngā pātai, kia pai ai tā kōrua matapaki i te hui
- ki te whakarārangi i ngā whakapōauau katoa e whakamahia ana e koe, tae noa ki ngā pānga puta e rongohia ana e te tangata matepukupuku
- ki te tuhi i ngā rerekētanga ki te āhua o te tangata matepukupuku.

I te wā o te hui, he pai:

- te tuhi whakaaro i te wā o te matapakinga me te rata
- te tuhi i ngā tohutohu ka puta
- te whakatau mārama ki ngā kōrero a te rata
- te pātai kia hoatu tārua o ngā pārongo, māna rānei e whakamōhio wāhi rapu pārongo ake ai
- me hoki atu ki tō GP mēnā kei te pīrangī whakarāpopotonga koe e pā ana ki te tūroro. Me whakaae rā anō hoki te tūroro.

Whai muri i te hui:

- me pānui i ō tuhinga
- tuhi i te wā o te hui rata ka whai ki muri i tēnei ake
- ki te whakaae te tangata matepukupuku, whakapā atu ki te GP, ki te hōhipera rānei, e pā ana ki ngā rerekētanga ki te āhua o te tangata matepukupuku
- me whakarite i tētahi rārangi o ngā mātanga hauora katoa e whai pānga ana, ō rātou kawenga, me ō rātou tau waea.

Managing medications

The person with cancer may be taking prescription medications (from the doctor) and over-the-counter medications from the chemist (for example vitamins or supplements). Keep a list of all of these drugs, their purpose, dose, when to take them and any side effects. This will help the person with cancer take them safely. It can also save time and confusion when seeing health professionals.

Tip

- Keep the medication in its original packaging so you always know what type of drug it is.

It is important to know the following information about the medications:

- How should it be given (with food, without food, by mouth)?
- Is there anything, such as alcohol, that should be avoided while taking the medication?
- Does the medication interact with other drugs or vitamin supplements?
- Are there any possible side effects?
- What should be done if the person experiences side effects?
- How long will the medicine be needed?
- What should the person do if a dose is missed?
- When is the use-by date?

Te whakahaerenga rongoā

Ngā Tīwhiri

- Me pupuri tonu ngā rongoā ki roto i ōna kōpaki taketake, kia mōhio ai koe i ngā wā katoa, he aha taua momo rongoā.

Kia mōhio koe ki ngā pārongo rongoā e whai ake nei:

- Pēhea te āhua o te whāngai atu (me hoatu ā-kai, ā kore kai rānei, ā-waha)?
- He aha ngā mea me karo, me kaua rānei e kai, pērā ki te waipiro, i te wā e kai rongoā ana?
- Te mahi a te rongoā me ētahi atu momo whakapōauau, tāpiritanga hauora?
- Tērā pea ka puta he pānga puta ki te taha?
- Me aha ka puta he pānga ki te taha mō te tangata matepukupuku?
- Te roa o te wā me kai rongoā tonu?
- Me aha te tangata matepukupuku i ngā wā ka warewaretia te kai rongoā?
- He aha te rā me kati mō te rongoā?

Oral chemotherapy: What you need to know

Oral chemotherapy is any drug you take by mouth to treat cancer. This is a treatment that is taken at home. Chemotherapy taken by mouth is as strong as other forms of chemotherapy and works just as well. Oral chemotherapy has the same side effects as chemotherapy given in the hospital.

When taking oral chemotherapy at home, the person with cancer will have been given clear instructions from their doctor on when and how to take it. As a supporter of someone with cancer it is important to know how to handle this medication safely.

Instructions are likely to include:

- how much and when to take the oral chemotherapy
- how to store and handle the chemotherapy drugs. Gloves should be used by supporters who handle the drugs
- that oral chemotherapy drugs must be kept in the container or wrapper they come in and must not be put in a pillbox
- unused doses need to be taken back to the hospital pharmacy for safe disposal
- that if the person with cancer cannot keep the drug down (because of vomiting) the hospital needs to be contacted

- that oral chemotherapy drugs should be taken with a large glass of water (not orange juice)
- that chemotherapy drugs should not to be crushed or cut in half
- that if a dose is missed (more than 2 hours later than usually taken) the person with cancer **should not take double the dose the next time**. Contact your cancer doctor or nurse if you are unsure
- that a missed dose should not be taken at the end of treatment
- keeping tablets away from children; store them out of reach.

Source: <http://www.cancer.org/treatment/treatmentsandsideeffects/treatmenttypes/chemotherapy/oral-chemotherapy>

Hahau ā-waha: Me mōhio koe

- kia pēhea te rahi o te rongoā hahau ā-waha me kai, me te wā hoatu ai
- pēhea te tiaki me te nanao i ngā whakapōauau hahau. Me mau karapu ngā kaiāwhina e nanao ana i ngā whakapōauau
- kia puritia tonu ngā whakapōauau hahau ā-waha ki roto tonu i te puoto, te kōpaki tākai rānei i whakamahia, ā kua rawa e puru ki rō pouaka pire
- me whakahoki ngā rongoā katoa kāore i whakamahia ki te toa taka rongoā o te hōhipera, ā mā rātou e ruke
- mehemea kāore te tangata matepukupuku e āhei ki te kai i te whakapōauau (nā tōna kaha ruaki) me tere whakapā atu ki te hōhipera
- me inu ngā whakapōauau hahau ā-waha mā te karaehe wai rahi (kua mā te inu wai ārani)
- me kua rawa e kōnatinati, e tapahia kia hāwhe ngā whakapōauau hahau
- mehemea kua warewaretia te kai i te whakapōauau (tōmuri ake i te rua hāora i te wā tika mō te kai) ME KAUA RAWA te tangata matepukupuku E TĀPARA I TE HOROPETA. Ki te kore koe e tino mārama, whakapā atu ki te rata matepukupuku, ki te tapuhi matepukupuku
- me kore rawa te horopeta i warewaretia, e tāpirihia i te mutunga o te maimoatanga rānei
- te whakarite kia rokiroki ngā pire ki tētahi wāhi kāore e taea e ngā tamariki.

Managing pain

If the person with cancer is in pain, they may become irritable, have trouble sleeping and find it hard to move around. In most cases, pain can be controlled throughout treatment with medications or other techniques. Talk to your cancer doctor or nurse if the person with cancer is experiencing pain.

Tips

- Use a pain scale, such as 1 to 10 where 1 = no pain and 10 = severe pain. This will help you understand the intensity of the person with cancer's pain (how painful it is) and the need for extra doses of pain medication.
- Keep a diary of the person with cancer's pain levels, symptoms and extra doses of pain medication.
- Let the healthcare team know how the medication has been working and notify them of any changes.
- You may be concerned that the person with cancer is becoming addicted to their pain medication. However, the medication works on the pain, not the brain. Addiction is not an issue for people with cancer. Pain medication helps them stay as comfortable as possible.
- Talk to their cancer nurse about other ways of managing pain (for example, hot water bottles, ice packs or gentle massage).

Whakahaere mamae

Nga Tiwhiri

- Whakamahia he inetanga ā-mamae, pērā ki te 1 ki te 10, ā ka tohua te 1 = he kore mamae, ka tohua te 10 = he mamae pākaha rawa. Mā tēnei e mōhio ai koe ki te taumata o te mamae (pēhea rawa te mamae) me te tohu kia hoatu horopeta tāpiri i he rongoā.
- Tuhia he rātaka me te whakaatu mai i ngā taumata mamae, ngā tohu mate, me ngā horopeta tāpiri o ngā rongoā mamae.
- Whakamōhiohia atu kia mārama tonu te kapa toihauora e pēhea ana te mahi o ngā rongoā, me ngā rerekētanga ka puta.
- Tērā pea ka āwangawanga koe kei mau warawara te tangata matepukupuku ki ō rātou rongoā mamae. Kia mōhio mai, ka pā kē te mahi a ngā rongoā ki te mamae, ehara ki te roro. Ehara te warawara i te kaupapa nui mā ngā tangata matepukupuku. He mea āwhina te rongoā mamae i a rātou ki te noho hāneanea.
- Kōrero ki te tapuhi matepukupuku mō ētahi atu huarahi hei whakahaere mamae, atu i ngā pēke waiwera, ngā kōpaki hukapapa, te mirimiri ngāwari rānei.

Providing food and drinks

When the person with cancer is having treatment you may notice their appetite changes. Steroids can make you very hungry whereas chemotherapy can often change the way food tastes or can make you feel sick, so food is not enjoyed as it was before treatment.

Treatments such as chemotherapy and radiation treatment damage and kill cancer cells but also affect healthy cells. This may cause side effects such as:

- loss of appetite
- nausea (feeling sick)
- fatigue and tiredness
- mouth or throat sores
- taste changes
- constipation or diarrhoea.

If the person with cancer refuses food you have prepared, try not to take it personally; they are unwell and the treatment has changed their taste and appetite. Feeling sick and not enjoying food can last for months after treatment has finished.

You may worry because you want the person with cancer to eat well so they can cope with the side effects from the treatment and recover quickly. However, it's not necessary to follow a strict eating plan.

A dietitian, doctor or nurse can provide advice on good food and drink to have during treatment. The Cancer Society has a booklet titled *Eating Well During Cancer Treatment*. You can get a copy at your local Cancer Society, by phoning the Cancer Information Helpline **0800 CANCER (226 237)** or you can read it online on our website (www.cancernz.org.nz).



Tips

- Cook extra food and freeze it for another day.
- If the person with cancer was the main cook, ask them for recipes.
- Have meals when you can sit together and talk.
- If the person with cancer is losing weight, talk to your doctor, dietitian or pharmacist.
- Take extra care when preparing food because cancer and its treatment weaken the body's immune system. Always wash your hands before preparing food and take special care when handling raw meat, fish, chicken and salads.
- Store ready-made supermarket meals in the freezer.
- If the person with cancer is feeling sick due to radiation treatment or chemotherapy, ask the healthcare team if they can prescribe medication to help stop this.



- Offer the person with cancer their favourite foods often.
- The person with cancer may find regular small meals easier to manage than three large meals.

Te whakarato kai me te inu

Ka tūkino, ka whakamate ngā mahi maimoa, pērā ki te mahi hahau, ki te mahi iraruke hoki, i ngā pūtau matepukupuku, otirā, ka patu anō hoki ki ngā pūtau ora. Ka puta he pānga puta ki te taha, pērā ki:

- te kore hiakai
- te whakapairuaki (te hia ruaki)
- te hūhi me te ngenge
- te hakihaki ā-waha, ā-korokoro
- te rerekētanga o te rongo ā-kai
- te kōroke, te mate tikotiko rānei.

Ngā Tīwhiri

- Tunua he kai anō hei whakatio mō tētahi atu rā.
- Mēnā ko te tangata matepukupuku te kaitunu kai i te nuinga o ngā wā, tonoa mai he tohutaka.
- Whakaritea ngā wā kai i te wā e āhei ai kōrua tahi ki te kōrero.
- Mehemea kei te heke haere te taumaha o te tangata matepukupuku, kōrero ki tō rata, ki tō mātanga-ō, ki tō kaiwhakarato rongoā rānei.
- Me āta noho tūpato i ngā wā whakataka kai nā te mea, he kaha whakangoikore te matepukupuku me ngā maimoatanga i te pūnaha ārai mate o te tinana. Horoia ō ringa i ngā wā katoa i mua i te whakataka kai, ā, me āta tūpato hoki i ngā wā nanao i te mīti, te ika me te heihei mata, tae noa ki ngā huamata.
- Rokirokia ngā kai oti-kē mai i ngā toa hokomaha, ki roto i te whakatio.
- Mehemea ka pā te māuiui ki te tangata matepukupuku nā te maimoatanga iraruke, hahau rānei, pātai atu ki te kapa toihauora kia tūtohu rongoā hei aukati mamae.
- Kia kaha tonu te hoatu i ngā kai papai rawa e hiahiatia ana e te tangata matepukupuku.
- Tērā pea he māmā ake ki te tangata matepukupuku, te iti ake o te kainga mō te maha ake o ngā wā ia rā.

Managing finances

Supporting someone with cancer can be a difficult time financially. There may be a drop in your household income if you or your partner have reduced work hours or stopped working. There may also be new expenses, such as childcare, transport, medication and equipment.

You may be able to get help with financial issues, such as budgeting advice, managing your mortgage and other expenses. You can talk to the hospital social worker about financial or practical assistance available. You may be eligible for financial assistance from Work and Income, volunteer organisations or church groups.

It can help to talk to your bank early if you need to re-arrange any finances.

You may be eligible for travel and accommodation expenses if you live a long way from the treatment centre. See the social worker about this.

Te Whakahaere pūtea

He mahi taumaha tonu mō te taha pūtea, nga wā mahi ai ki te manaaki tangata matepukupuku. Tērā pea, ka heke tō whiwhinga pūtea ā-whare, mehemea ka iti ake ō hāora mahi, ngā hāora mahi rānei o tō hoa moe, kua mutu rānei te mahi a tētahi o kōrua. Tērā pea, kua puta ake he whakapaunga utu hou, pērā ki te utu tiaki tamariki, utu waka, utu rongoā, taputapu hoki.

Dealing with paperwork

Paperwork can pile up. You may have to keep track of bills, receipts and letters from health professionals. It's easier if you have them all in one place such as a folder, expanding file, a shoe box or a folder on your computer.

Working while supporting someone with cancer

It's up to you whether you say anything about your situation to people at work. However, they are unlikely to give you the support and understanding you need if they don't know what's happening.

It may be a good idea to find out about your employer's policy around supporting someone with an illness. You can do this by checking your contract, talking with Human Resources at your workplace or your manager.

Check with your employer whether they have an Employee Assistance Programme (EAP). EAP is confidential counselling and support service provided by your workplace.

For more information you may like to read the Cancer Society's Information Sheet *Managing Cancer in the Workplace*. You can get a copy of this at your local Cancer Society or by phoning the Cancer Information Helpline **0800 CANCER (226 237)**. You can also read it on the Society's website (www.cancernz.org.nz).

Me mahi tonu

Kei a koe te tikanga mēnā ka whakamōhio atu koe i ō hoa mō tō āhuatanga. Heoi anō rā, e kore rātou e āhei ki te hoatu tautoko me he māramatanga, ki te kore rātou e mōhio, kei te aha koe.

He mea pai mōu te rangahau i te kaupapahere a tō kaiwhakawhiwhi mahi mō te taha manaaki i tētahi e mauuitia ana. Ka taea e koe tēnei mā te tiroiro ki tō kirimana, ki te kōrero rānei ki te hunga Pūmanawa Tangata kei tō wāhi mahi, ki tō kaiwhakahaere rānei.

Me pātai ki tō kaiwhakawhiwhi mahi, mehemea e whai Employee Assistance Programme (EAP) ana rātou. He ratonga tohutohu me te tautoko matatapu te EAP, whakaratohia ai e tō wāhi mahi.

Mō te roanga ake o ngā kōrero, pānuihia te Whārangi Pārongo a te Kāhui Matepukupuku, arā ko te *Managing Cancer in the Workplace*. Ka taea he kape mai i tō Kāhui Matepukupuku ā-rohe, mā te waea atu rānei ki te Cancer Information Helpline **0800 CANCER (226 237)**. Ka taea hoki te pānui mā te paetukutuku a te Kāhui Matepukupuku (www.cancernz.org.nz).

Supporting someone when you live far away

Living away from the person with cancer can be difficult. You may feel guilty for not being closer, and you may feel you are the last one to know about treatment and care. This can be frustrating when you want to stay involved.

However, there are many things you can offer to do for the person with cancer.

Tips

- Use email, blogging, text messaging and video conferencing (for example, with Skype) to stay in touch.
- If cost is a concern, look at other telephone plans (using a landline and/or cellphone).

What is Enduring Power of Attorney?

The person with cancer may appoint you as their Enduring Power of Attorney while they are undergoing treatment. This gives you power to act on their behalf on all financial matters, and it will also enable you to do things such as pay bills and manage bank accounts.

An Enduring Power of Attorney differs from a Power of Attorney because it means you can act on behalf of the person you care for even if they cannot make their own decisions.

Consult a lawyer or the Public Trust for more details about this and advice about how to make legal arrangements.

Te Mana Taimau Rōia?

E āhei ana te tangata matepukupuku ki te kopou i a koe ki te tū hei Mana Taimau Rōia mō rātou i te wā e whai ana rātou i ngā maimoatanga. Ka hoatu tēnei i te mana ki a koe ki te whai i ngā mahi ā-pūtea mō te taha ki a rātou, mō ngā take pūtea katoa, ā, mā tēnei hoki e whai wāhi ai koe ki te tutuki i ngā mahi, pērā ki te utu nama me te whakahaere i ngā pūtea pēke.

He rerekē te Mana Taimau Rōia e ai ki te Mana Rōia, i te mea ko te tikanga kē, ka taea e koe te mahi mō te taha o te tangata kei te manaaki koe, ahakoa kāre rātou e āhei ana ki te mahi i ō rātou ake whakataunga.

Me whai tohutohu i tētahi rōia, mai i te Public Trust rānei mō te roanga ake o ngā kōrero e pā ana ki tēnei, me he tohutohu e pā ana ki te mahi i ngā whakaritenga ā-ture.

What is advance care planning?

Advance care planning or (ACP) is a process of thinking about, talking about and planning your future care. ACP gives everyone a chance to say what's important to them. It helps people understand what the future might hold and to say what treatment they would and would not want. It helps people, their families and their healthcare teams plan for future and end of life care.

For more information about advance care planning, visit this New Zealand site:

<http://www.advancecareplanning.org.nz/>

Te mahi māherehere manaaki whakamua?

He hātepe te mahi māherehere manaaki whakamua mō te whakaaroaro, mō te kōrerorero, me te māherehere hoki i tōu ake kaupapa manaaki mō ngā rā kei mua. Ka whai wāhi te katoa, nā runga i te hātepe māherehere manaaki, ki te kōrero mō ngā mea whai take ki a rātou. He mea āwhina i te tangata kia mārama ai ki ngā āhuatanga tērā pea kei mua i a ia, me te whakaputa kōrero e pā ana ki te maimoa e hiahia ana rātou, kāre rānei rātou e hiahia. He āwhina i te tangata, ō rātou whānau me te kapa toihauora ki te whakatakoto mahere mō ngā rā kei mua, me ngā rā whakamutunga o te mahi manaaki.

Mō te roanga ake o ngā pārongo e pā ana ki te māherehere manaaki whakamua, torotoro atu ki tēnei pae nō Aotearoa.

After treatment - what happens for the supporter

Moving forward after treatment has finished

While the person with cancer is taking time to adjust to life after cancer, you'll also need time to rest and try to take up your life again.

Reactions and adjustments to life after cancer

After cancer treatment is over, like the person with cancer, you may have some strong feelings. What has happened to the person with cancer may make you question things about your own life and future. Your priorities may change: you may want to focus more on enjoying the important things in life, such as family and friends. This can be very positive. Your relationships may be stronger and more loving because of it.

You may be expecting the person with cancer to get back to 'normal' life after treatment. As a supporter you may feel frustrated that this may not be happening quickly enough, and recovery is taking longer than you thought. It may be helpful to read the Cancer Society's booklet *Getting on with Life after Treatment*.



Sometimes, it can be the supporter who is struggling to come to terms with what has happened to their partner/family/whānau member or friend. If you find that you are having difficulty moving on with life after cancer treatment you may benefit from talking to a counsellor.

When treatment finishes

There may come a time when your help is not needed as much. It may be because the person with cancer is getting better and trying to return to their normal life. This may make you feel a bit lost or unneeded.

You may think that you can slip back into your day-to-day life as it was before you became a supporter, but this can be challenging. Your life may also have changed. Going back to work or taking on other responsibilities you had put on hold can be overwhelming. Do things at your own pace and give yourself some time to adjust.

Talking about your feelings with someone you trust or a counsellor can help you understand the situation.

Top tips for supporters

- Sometimes, what you do as a supporter changes and you end up doing more than expected. Keep talking with the person with cancer and the health professionals. You may want to say you cannot carry on (work out what you are able to do and re-visit this every now and again).
- Make sure you have people who support you to support the person with cancer.
- Take time to do something different or talk or think about things other than cancer.
- Be prepared to compromise - let others help, let some jobs go undone, change the way you usually do things.
- Find out how other people manage in this situation - talk to other supporters. Contact Carers NZ. Look for publications written by or about carers.
- Check what services are available in your area, such as help with driving, helping with showering/bathing, online shopping that's delivered. Accepting help may mean you can carry on a caregiving role.
- When others offer to help, try to find something suitable for them to do. Some people keep a list, a mixture of things 'to do' such as shopping, lawn mowing, cleaning and fixing. They may do things that support you emotionally such as going for a drive, a coffee date, a movie or, simply, being together.
- Recognise grief in a mixture of emotions, and physical and behavioural changes. Grief is a normal response to change and loss.

When cancer is advanced

News that the person with cancer has advanced disease can be devastating and very frightening. It is worth remembering that, although the cancer may not be curable, there may be treatments that can slow the disease and/or help manage symptoms. You do not have to cope alone. There are services available to support you and the person with cancer. Even when cancer is not curable, palliative care services provide active treatments to control symptoms such as pain. As well as medical care, they may also provide practical, social and emotional support.

Palliative care can be provided either in the home or in a health facility (such as a hospice) depending on the person with cancer's needs, and the home environment. Sometimes the person with advanced cancer can remain at home with some services. Sometimes hospital care such as a rest home or hospital will be suggested. Talk to the hospice team about this. Some hospitals can offer a 'break' for the supporter. The Ministry of Health has information on their website (<http://www.health.govt.nz/our-work/life-stages/palliative-care>). Talk to the hospice or palliative care team about what might be available.

The aim of palliative care is to help the person with cancer experience a good quality of life for as long as possible. An early referral to palliative care can help and allows you time to get to know the palliative care team.

You are likely to have many concerns, such as dealing with practical issues and potential loss and grief. Further sources of information and support that may help you with these issues are available through the Cancer Information

Helpline **0800 CANCER (226 237)**. You may like to read the Society's booklet *Advanced Cancer: A guide for people with advanced cancer*. You can receive a copy at your local Cancer Society, by phoning the Cancer Information Helpline **0800 CANCER (226 237)** or you can read it online on our website (www.cancernz.org.nz).



Te wā kua eke whakamua rawa te matepukupuku

He wā whakaiki, he wā tino whakamataku hoki te wā rangona kua eke whakamua rawa te matepukupuku o te tangata matepukupuku. Me maumahara tonu, ahakoa kāre e taea te whakaora i te matepukupuku, arā pea ētahi momo maimoa āhei ana ki te whakapōturi i te mate, ki te āwhina rānei i te whakahaerenga tohumate. Ehara i te mea māu anake e whakarite ngā mahi katoa. Kei te wātea ētahi ratonga hei tautoko i a kōrua tahi ko te tangata matepukupuku. Ahakoa ngā wā kāre e taea he whakaoranga i te matepukupuku, whakarato ai ngā ratonga taurima i ngā maimoa ngoi, hei whakahaere i ngā tohumate, pērā ki te mamae. Tāpiri k i te mahi whakarato atawhai hauora, tērā pea ka whakarato anō rātou i te tautoko ā-tinana, ā-pāpori, ā-ngākau hoki.

Whakaratoa ai te mahi atawhai taurima ki roto ki ngā kāinga, ki tētahi whakatakupenga hauora (pērā ki te hospice) e ai ki ngā hiahiatanga o te tangata matepukupuku, me te taiao i te kāinga. I ētahi wā, e āheī ana te tangata matepukupuku whakamua ki te noho ki te kāinga me te whai tonu i ētahi o ngā ratonga. I ētahi wā, ka puta te whakaaro kia whai i te momo atawhai ā-hōhipera. Kōrero ki te kapa atawhai o hospice, te kapa atawhai o taurima atawhai rānei, e pā ana ki tēnei. Ka taea e ētahi hōhipera te whakarato ‘wā whakatā’ ki ngā tangata kaimanaaki”. He pārongo hoki tā te Manatū Hauora kei tō rātou paetukutuku (<http://www.health.govt.nz/our-work/life-stages/palliative-care>). Kōrero ki te kapa taurima atawhai mō ngā mea e wātea ana.

Ko te whāinga o te mahi taurima, ko te āwhina i te tangata matepukupuku ki te whai wheako kouna pai mō te roanga ake o tōna oranga. He mea āwhina, te tere huri ki ngā wāhi taurima atawhai, ā, ka whai wāhi hoki koe kia mōhio ki te kapa taurima atawhai.

Kāre e kore ka maha ngā āwangawanga, pērā ki te whakarite kaupapa, me te āhuatanga o te ngaronga ā-mate me te pāmamae ka puta. Kei te wātea ētahi ake puna pārongo, tautoko hoki ka āwhina i a koe me ēnei kaupapa kei te Cancer Information Helpline **0800 CANCER (226 237)**. Ka hiahia pea koe te pānui i te pukapuka a te Kāhui Matepukupuku, ko te *Advanced Cancer*. Ka taea hoki he kape mai i tō Kāhui Matepukupuku ā-rohe, mā te waea atu ki te Cancer Information Helpline **0800 CANCER (226 237)**, mā te pānui rānei ā-ipurangi i tō mātou paetukutuku.

Dealing with grief, loss and change

You may experience grief at changes, at loss of the future or at the prospect of someone dying. Many supporters experience grief all through the illness and before someone is dead. This can be normal. The grief experienced before a death does not make bereavement grief less intense or shorter.

If the person you care for dies

If the person you have been supporting dies, you may feel a range of emotions, including:

- sadness
- numbness and shock
- anger towards the doctors or the hospital, your God or the deceased person for dying
- relief that it’s over
- guilt that you are thinking of yourself at this time.

All these reactions are common. Feeling relief or guilt is not a sign that you didn’t care. These emotions may come and go and change in intensity over time.

“I would find myself rehearsing the eulogy in the shower, and then feel terribly guilty. Talking to others at my support group helped me to realise my thinking was normal.”

- Tony

‘Ehara i te tī, e wana ake’

Ka mate ana te tangata i manaakitia e koe, he maha ngā momo kare ā-roto ka puta, pērā:

- ki te pōuri
- ki te kēkerewai, ki te tumeke hoki
- ki te takariri ki ngā rata, ki te hōhipera rānei, ki tō atua, ki te tūpāpaku rānei mō tana matenga
- ki te piki o te wairua i te mea kua oti
- ki te whai hara nā te mea, kua whakaaro kē koe mōu ake.

What is grief like?

Grief is different for everyone. Reactions vary, but may include:

- physical symptoms such as breathlessness, loss of appetite, crying and sleep problems
- confusion, trouble concentrating or visions of the person who has died
- a sense of disbelief
- relief that it’s over.

Organisations such as Skylight (<http://skylight.org.nz/>), the hospital or palliative care services may have booklets on grief. Ask your healthcare team. Many public libraries have books on grief. Grief affects concentration: so a short booklet may be easier to read than a book.

For more information, read the Cancer Society’s booklet *Talking About Grief and Loss: A guide for people dealing with the death of someone close*. You can get a copy from your local Cancer Society, by phoning the Cancer Information Helpline **0800 CANCER (226 237)** or you can read it on our website (www.cancernz.org.nz).



Te pāpourī?

He rerekē ngā āhuatanga o te pāmamāe ki tēnā, ki tēnā.

Ka puta pea:

- he tohumate ā-tinana pērā ki te poto o te whakahā, te kore hiakai, te tangi me te kore moe
- te pōraruraru, te uaua o te mahi hihiwa, kei te kite rānei koe i te kēhua o te tangata i mate
- kāore tonu koe i te whakapono kua mate
- he oranga ngākau nā te mea kua mutu.

Mō te roanga ake o ngā kōrero, pānuihia te pukapuka a te Kāhui Matepukupuku, *Talking about grief and loss: A guide for people with the death of someone close*. Ka taea he kape mai tō tari Kāhui Matepukupuku ā-rohe, mā te waea atu ki te Cancer Information Helpline **0800 CANCER (226 237)**, ka taea hoki te pānui i tō mātou paetukutuku (www.cancernz.org.nz).

Other useful tips for supporters

Relaxation exercises

There are many different ways to relax. The following is a breathing technique you may find useful. For further information on relaxation, phone the Cancer Information Helpline **0800 CANCER (226 237)**.

Slow breathing

Take a long, slow breath in and then let the air out slowly and gently ... feel your whole body relax.

Take another long slow breath in, and allow the air to travel deep into your lungs ... filling from the base ... feeling your abdomen and lower ribs expanding. As you breathe out, listen to the sound of your breath.

Continue to breathe with a slow, steady rhythm, drawing the breath deep into your lungs, expanding the ribs and abdomen ... and then letting it out slowly, hearing the sound of your breath.

Feel your body relaxing further with each breath, breathing in energy ... and breathing out tension ... and, with each breath out say the word “relax” silently to yourself, as you become more and more calm.

(If ending your relaxation at this point: take your own time ... start to become aware of your surroundings ...)

Steps for successful problem solving

To start, make a list of all the challenges you are facing.

Put the **problems into order** - list those that need to be dealt with straight away first, followed by those that can wait for now.

If a problem feels huge or overwhelming, **break it down into smaller problems**. For example, coping with treatment may involve:

- sorting out transport
- arranging childcare and meals
- organising time off work
- managing financial worries.

Brainstorm: Take your most urgent problem, and list all the possible options for dealing with it. Make sure you include every idea, no matter how silly it may seem, as these ideas can lead to more flexible and creative thinking.

Weigh up the two or three best options: Consider what might happen if you follow it through - will it help you reach your goal?, who will it affect?, how much time and effort will it take?



Decide upon the option or strategy (or combination) that seems best and then try it out. If it doesn't work then try your next idea.

Ask and accept offers of help.

Check with your local Cancer Society about whether there are groups or talks you can attend.

You might like to talk to another supporter through the Cancer Society's Cancer Connect Service or Cancer Chat which is a Cancer Society online forum.

Ngā ara hei whai mō te hīraurau hopanga angitu

Hei tīmatatanga, ***whakaritea he rārangi*** o ngā mātātaki katoa kei mua i a koe.

Whakaraupapatia mai ngā hopanga - rārangitia ērā me mahi wawe tonu, kātahi ka rārangi mai i ērā ka taea te waiho mō tēnei wā.

Mehemea he taumaha rawa te hopanga, he āpuru rawa rānei, tēnā ***wetewetekina kia pakupaku ake ngā hopanga***. Hei tauira, ka puta ko ēnei āhuatanga i te wā e whai ana koe i tō maimoa:

- te whakarite waka haere
- te whakarite kaitiaki tamariki, te whakarite kai hoki
- te whakarite wā whakawātea i a koe i tō mahi
- te whakahaere raruraru ā-pūtea.

Ōhia manomano: Huri ki tō hopanga whāwhai rawa, ka ***whakarārangi mai i ngā whiringa katoa*** mō te whakatutuki. Whakaurua ō whakaaro katoa, ahakoa te heahea, i te mea, i ētahi wā, ka puta he āhuatanga māmā, auaha hoki.

Whiriwhirihia kia rua, kia toru rānei ngā whiringa pai:
Whakaaroarohia ngā putanga mēnā ki te whāia e koe - ka
tutuki o whāinga, ka whai pānga ki a wai, ka pēhea rawa
te roa me te uaua o te mahi?

Me **whakatau** ko tēhea whiringa, rautaki rānei te mea
pai rawa atu, katahi ka whakamātauria. Mēnā kāre i pai,
whāia ko tētahi ake whakaaro!

Top 10 tips other supporters have found helpful

1. Sometimes being a supporter changes and you end up doing more than expected. Work out what you are able to do and revisit this every now and then. If things are becoming too hard, you may want to say you cannot carry on.
2. Make sure you are supported in your role, by talking to friends and family/whānau and letting your workmates and employer know what's going on for you.
3. Take time out to do something other than talking or thinking about cancer.
4. Be prepared to compromise - let others help - let some jobs go undone.
5. Find out how others manage in this situation - talk to other supporters, contact Carers New Zealand, Cancer Connect or Cancer Chat (see our website www.cancernz.org.nz for details). Look for publications written by or about supporters.
6. Try to get a good understanding of the community health services in your area. Each District Health Board and hospice across New Zealand offer different services. Your GP, practice nurse or local Cancer Society can help guide you.
7. Check what extra services are available in your area, such as help with driving, online shopping (which is delivered), gardening or childcare.

8. When others offer to help, try to find things suitable for them to do. Some people keep a 'to do' list, such as lawn mowing, shopping and cleaning.
9. Suggest things that friends can do to give you a break, such as a coffee date, seeing a movie, going for a walk or, simply, spending time together.
10. Recognise grief is a mixture of emotional and physical changes. It is a normal response to change and loss.

Tono me te whakaae ki ngā āwhina

Uiuitia tō Kāhui Matepukupuku ā-rohe mehemea he rōpū anō hei whakauru atu māu, he hui rānei e e koe te whai.

Ka hiahia pea koe ki te kōrero ki tētahi atu kaimanaaki mā te Cancer Society's Cancer Connect Service, ki te Cancer Chat rānei, he wānanga ā-ipurangi na te Kāhui Matepukupuku.

Ngā tīwhiri matua pai rawa ki ngā kaimanaaki

1. I ētahi wā, ka rerekē tō āhua hei kaimanaaki, ā, i te mutunga, kua nui rawa ake āu mahi. Whakaritea ngā mea ka taea e koe, ka hoki atu anō ia wā, ia wā. Ki te uaua rawa ngā mahi, me kī kē pea, kua rahi tēnā.
2. Āta whakarite kei te tautokongia koe i roto i to kawenga, mā te kōrero ki ō hoa, ki te whānau, me te whakamōhio atu i ō hoa mahi me tō kaiwhakawhiwhi mahi, e aha ana koe.
3. Whakaritea he wā ki te mahi i tētahi mahi, atu i te kōrero me te whakaaro mō te matepukupuku.
4. Kia ngāwari tonu tō āhua - tukuna ētahi atu tangata ki te āwhina - waiho noa ētahi mahi
5. Rangahautia, i pēhea ētahi atu tāngata - kōrero ki ētahi atu kaimanaaki, whakapā atu ki a Carers New Zealand, ki a Cancer Connect, ki a Cancer Chat (tirohia tō mātou paetukutuku cancernz.org.nz mō ngā kōrero). Rapua ngā putanga kua tuhia e tētahi kaimanaaki.

6. Me whai kia tino mārama koe ki ngā ratonga hauora ā-hapori kei tō rohe. He rerekē ngā ratonga a ia District Health Board me ia hospice, huri noa i Aotearoa. Mā tō GP, tō tapuhi mahi, tō Kāhui Matepukupuku ā-rohe e āwhina ki te ārahi i a koe.
7. Tirohia he aha ngā ratonga tāpiri e wātea ana i roto i tō rohe, pērā ki ngā āwhina kaihautū waka, mahihokohoko mā te ipurangi (whakaratoa ai e rātou), mahi māra, te tiaki tamariki rānei.
8. I ngā wā whiwhi āwhina ai koe, whakaritea he mahi e hāngai ana mā rātou hei mahi. Pupuri ‘rārangi mahi’ ai ētahi tāngata, pērā ki te tapahi i te papa karaehe, ki te haere ki te toa, ki te whakamā i te whare.
9. Kōrerotia ngā mahi e pai ana mā ō hoa e mahi, kia pai ai tō whakatā, pērā ki te tūtaki i tētahi mō te inu kawhe, ki te haere mātakitaki kiriata, ki te haere hīkoikoi haere, te mahi whakawhanaunga noa iho rānei.
10. Me mōhio koe, he whenumi te pāmamae o ngā rerekētanga ā-kare ā-roto, ā-tinana hoki. He urupare hāngai tēnei ki ngā panoni me te ngaronga ā-mate.

Notes

You may wish to use this space to write down any questions you want to ask the doctor, nurses or health providers at the next appointment.

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Covering: Urban and rural Otago and Southland

Cancer Information Helpline

0800 CANCER (226 237)
www.cancernz.org.nz



Feedback

Supporting someone with cancer: A guide for partners, family/whānau and friends

We would like to read what you thought of this booklet, whether you found it helpful or not. If you would like to give us your feedback, please fill out this questionnaire, cut it out and send it to the communications officer at the address at the bottom of the following page.

1. Did you find this booklet helpful?

Yes No

Please give reason(s) for your answer.

2. Did you find the booklet easy to understand?

Yes No

Please give reason(s) for your answer.





3. Did you have any questions not answered in the booklet?

Yes No

If yes, what were they?

4. What did you like the most about the booklet?

5. What did you like the least about the booklet?

6. Any other comments?



Personal information (optional)

Are you a person with cancer, or a friend/relative/whānau?

Gender: Age:

Ethnicity (please specify):

Thank you for helping us review this booklet. The Editorial Team will record your feedback when it arrives, and consider it when this booklet is reviewed for its next edition.

Please return to: The Communications Officer, Cancer Society of New Zealand, PO Box 12700, Wellington.



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