

Module 8: About Caregivers

Content in this module covers:

1. What a caregiver is
2. What a caregiver needs to know
3. How to pick a caregiver

What a caregiver is

- A caregiver is anyone who supports or cares for a patient throughout their transplant by helping with daily activities and taking care of them
- A caregiver can be anyone willing to provide support to the patient. This is usually a family member or close friend. For example, a caregiver could be the patient's:
 - Partner/spouse
 - Parent
 - Adult child
 - Close friend
 - [Community member](#)
 - [Paid professional caregiver](#)
- Patients having an outpatient transplant must have a full time caregiver during and 2-3 weeks after treatment
- Patients having an inpatient transplant might find it helpful to have a caregiver after discharge

What a caregiver needs to know

- A caregiver helps keep the patient safe during and after transplant
- It is normal for a caregiver to feel stress. Caregivers should take care of themselves as well as the patient
- A caregiver may not be able to work for the time they are caring for the patient. There are resources and supports available to help

How to pick a caregiver

- Patients and caregivers need to discuss the role in detail and work on a plan they think they can manage
- The health care team will help get the caregiver ready
- Check the hospital website for up-to-date information on the visitor policy

Module Summary

- The caregiver or caregiving team keeps the patient safe and provides support during and after transplant. A caregiver is needed for anyone having an outpatient transplant. Patients having an inpatient transplant may choose to have a caregiver as well.
- Patients and caregivers need to discuss their needs and worries and talk about how they will address them during and after transplant.
- As much as transplant is hard on the patient, it is also hard on caregivers. Caregivers may feel emotional, physical and financial stress. There are supports available.
- Caregivers can complete any or all of the modules in this series to learn more about transplant.

Key words	Definition
Community member	Someone from their place of worship or club
Paid professional caregiver	Someone that is paid to provide care. Such as, a Personal Support Worker (PSW)