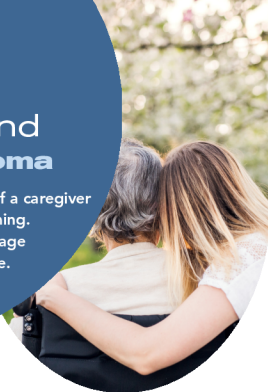




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Caregiving and Ocular Melanoma

The support and tasks asked of a caregiver can sometimes feel overwhelming. There are several ways to manage these duties and help you cope.



BUILD YOUR SUPPORT TEAM

- Caregiving is a team effort. Call on family, friends, co-workers and other loved ones.
- Stay positive – this can be difficult, so lean on others to share this role and expectation.
- Talk to a professional. There are support groups and individual counsellors available.
- Do the best you can, that is all that is needed.



PLAN AND STAY ORGANIZED

- Be proactive and plan ahead of time, especially if travel is involved. Create schedules to ensure that things will get done.
- Stay organized – create a binder with specific tabs relating to doctors, expenses, reports, travel, research, legal papers, etc.
- Keep a spreadsheet of all expenses and seek professional assistance to know what is deductible when filing your taxes.
- Ask for copies of reports, bloodwork, scans, etc. to keep for your records.



KNOW YOUR LIMITS

- Know yourself – understand your limitations and how much you can handle.
- Accept the limitations of both yourself and your loved one. Have patience.

**You
are not
alone**

Ocumel Canada is
here to support
you every step of
the way





DURING MEDICAL APPOINTMENTS

- Accompany your loved one to doctor visits and decide together how you will participate – asking questions, taking notes, providing the doctor with new information during the visit, etc.



COMMUNICATION AND DECISION-MAKING

- Keep communication open between you and your loved one. This is key to making decisions.
- Let the patient lead – listen to their likes and dislikes, share your thoughts but respect their wishes in every care decision.



WELLNESS RESOURCES

Scan the QR code to access all resources, such as:



- Support Groups; Connect with Others
- Emotional and Mental Wellness Resources
- Find a Therapist in Your Area



SUPPORTING YOUR LOVED ONE

- Be prepared for treatment side effects and use statements such as "Would you like to try lying down?" or "Do you think it might help if you had some water?" Allow your loved one to have space to make decisions instead of trying to "fix" it for him/her.
- Be reassuring, especially if your loved one becomes emotional. Statements like "I'm here, we can get through this together," "one thing at a time," "I'm here for you" show that you are there and supportive.
- Learn how to provide proper physical care if the need arises.



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