### Clinician Follow Up Reference for Supportive Care

**Family/Caregiver Concerns** –

“YES” to Concerns about caregivers

<table>
<thead>
<tr>
<th>Start With</th>
<th>Approach</th>
<th>Next Step</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What do your caregivers do to assist you in your care?</strong></td>
<td>Have a discussion/share relative options with the patient</td>
<td>Refer to a social worker, cancer center or support center for additional resources</td>
<td><strong>Routine</strong> within 1 week if not interfering with care</td>
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<tr>
<td><strong>Do you feel like your caregivers need additional help right now?</strong></td>
<td>• Provide contact information for physician and/or patient navigator that the patient can share with caregivers if they become concerned and need assistance</td>
<td><strong>Acute</strong> – within 24 hours if interfering with care or for advanced directives completion if the patient has a poor prognosis. Otherwise, within 30 days</td>
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<td><strong>Are you concerned about your caregiver’s physical or emotional health?</strong></td>
<td>• Assure patient that there are support resources for caregivers and many caregivers use this support</td>
<td>Share Patient Links and Handouts as appropriate</td>
<td></td>
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<tr>
<td><strong>How informed are your caregivers about your current health status?</strong></td>
<td><strong>If NO</strong></td>
<td>See Reference links below for additional information</td>
<td></td>
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<tr>
<td><strong>Have you completed written documentation as to who would make healthcare decisions if you cannot?</strong></td>
<td>Give a brief description of both Power of Attorney for Healthcare and POLST (if advanced stage)</td>
<td>If the patient and/or family is homeless or having housing issues, see “Follow Up Reference for Issues paying for food or housing – HOUSING ONLY”</td>
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#### Notes

**Stages I-IV**: Caregivers can show symptoms of anticipatory grief, exhaustion, burnout, burden of multiple care giving roles, having medical or financial issues themselves. It is strongly suggested that caretakers attend appointments with patient. Sometimes issues can arise when goals of care are different between patient and caretaker. All caretakers, to extent authorized by patient, need to be aware of patient’s Goals of Care and should have copies of POLST (advanced stages) and POA for Healthcare.

#### Patient Links and Handouts:

- [American Cancer Society, Caregivers and Family](#)
- [NIH, Support for Caregivers of Cancer Patients](#)
- [NCI, Support for Caregivers, Advanced Cancer](#)
- [Cancer.Net, Caring for a Loved One](#)
- [LIVESTRONG, Caregiver Support](#)
- [Caregiver Action Network](#)

#### CSOC Patient Handout can be accessed at:

[http://cancer-help.me/caregiver](http://cancer-help.me/caregiver)

#### References:

- [National Alliance for Caregiving (NAFC)](#)
- [Caregiving in the U.S. — AARP 2015 Report](#)
- [CANCERCare® Online Support Groups](#), share with patient/family/caregiver if clinician considers appropriate