Caring for Children During Cancer

Cancer and its treatment may affect how you feel and what you are capable or not capable of doing. You may not be able to or feel well enough to care for children like you did before your cancer diagnosis. Your capabilities will change from day to day. Some days will be better than others.

Being a parent while living with cancer is often physically and emotionally exhausting. You may wonder how you can cope with a cancer diagnosis while caring for your family and yourself. Start by reconsidering your schedule and to-do list. Asking others for help when you need it allows you to spend less time worrying and more time caring for yourself.

Seeking Support From Family, Friends and Your Community

Using your answers to the below questions may help you to find resources for children you care for and at the time care is needed.

- Will childcare be a barrier at any point during your cancer treatment? Knowing how you might be affected by your treatment will help to inform you of your ability to care or not care for children.
- Do you feel you need support to address the childcare concern today?
- What stands in the way of you (or your family) getting childcare now? Financial? Other?
- Do you have friends or family in the community?
- Are you affiliated with a local spiritual/faith community or other community organization?

Steps you can take that may be useful to you and/or your family:

- Have a discussion with a social worker, child life specialist, patient advocate, patient navigator, or nurse at your treatment site to review options and make a plan for action.
- Discuss this concern with family members, friends and neighbors.
- Discuss this concern with a representative from the school/daycare who may be able to offer assistance or resources.
- What has worked in the past when you needed childcare? Is that option available?
- Who usually takes care of your children when you have a childcare need? Can you ask more of them?
- Talk with your partner/spouse about parenting responsibilities and what may need to change.
- Investigate possible options within your or your partner’s Employee Assistance Program through the employer.

Local Organizations providing support for anyone impacted by cancer:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Wellness Center</td>
<td>Northern Suburbs</td>
<td>Cancerwellness.org 847-509-9595</td>
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<tr>
<td>Gilda’s Club Chicago</td>
<td>Chicago</td>
<td>Gildasclubchicago.org 312-464-9900</td>
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<tr>
<td>Living Well Cancer Resource Center</td>
<td>Far West Suburbs</td>
<td>Livingwellrc.org 630-262-1111</td>
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<tr>
<td>The Cancer Support Center</td>
<td>South Suburbs</td>
<td>CancerSupportCenter.org 708-798-9171</td>
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<tr>
<td>Wellness House in Chicago</td>
<td>Northwest &amp; West Suburbs</td>
<td>Wellnesshouse.org 630-323-5150</td>
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Access an interactive map of these local resources at: http://cancer-help.me/communitycancerresourcecenters

Resources for Additional Information:

- American Cancer Society (800) 227-2345
- ASCO Cancer.Net, Parenting While Living With Cancer
- Illinois Department of Human Services, Child Care Assistance Program (CCAP)
- Illinois Department of Human Services, Temporary Services for Needy Families (TANF)
- Illinois Department of Human Services, Cash
- CancerCare.org, Financial and Co-Pay Assistance
- American Cancer Society, Programs and Resources to Help With Cancer-related Expenses
- CFAC, Cancer Financial Assistance Coalition
- Leukemia & Lymphoma Society, Urgent Need Program

Child Care w/ cost:

- Care.com
- Sittercity
- MoniCare

Reursos en Español:

- American Cancer Society, ¿Cómo pueden los familiares y amigos ayudar a mis hijos?