

CANCER EXPLAINED PRESENTS

A CHECKLIST

CAREGIVER CHECKLIST

A practical starting point for supporting someone with cancer

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A CANCER EXPLAINED HANDOUT · BASED ON **NCI** · UPDATED **2026-07-05**
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1 Get organized

- [ ] Keep one folder or binder: appointment summaries, contact numbers, medication list, insurance papers.
- [ ] Write down the care team's names, roles, and phone numbers — including the after-hours number.
- [ ] Keep a shared calendar of appointments, treatment days, and prescription refills.
- [ ] Ask the person you care for what help they actually want — and what they'd rather do themselves.

2 At appointments

- [ ] Offer to take notes so they can focus on the conversation.
- [ ] Help prepare a question list beforehand, and ask which questions they want you to raise.
- [ ] Ask who to call with questions between visits.

3 Take care of yourself too

- [ ] Accept specific offers of help — meals, rides, errands — and keep a list of tasks to hand off.
- [ ] Watch for signs of burnout: exhaustion, irritability, trouble sleeping.
- [ ] Ask the care team about caregiver support services and support groups.
- [ ] Your own doctor visits still matter — keep them.

THE BOTTOM LINE

Caregiving is a team effort — the healthcare team, family, friends, and support services are all part of it. You don't have to carry it alone.

Sources: NCI: Caregiver support (cancer.gov/about-cancer/coping/caregiver-support)

Learn more in plain language: cancerexplained.org/caregivers/caring-for-someone-with-cancer · **Updated:** 2026-07-05

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