BMTinfonet.org
25 YEARS
EMPOWERING PATIENTS
BLOOD & MARROW TRANSPLANT INFORMATION NETWORK

HELPFUL HINTS FOR CAREGIVERS



Caring for a transplant patient is physically challenging and emotionally draining. Here are some tips from other caregivers on how to cope:

Set up a support system for YOU. Special friends, a support group, a spiritual advisor or psychiatric counselor can sustain you during the difficult times.

Keep a diary and carry it with you. Write down EVERYTHING – names, phone numbers, maps, instructions, questions, etc. One day begins to blend into the next and remembering details will be hard.

Take time to recharge. Eat well-balanced meals, exercise and take time to sleep. You can't be a good caregiver if you are exhausted or sick.

Learn to delegate and accept help. Family and friends WANT to help. Let them!

Set up a system to update people about the patient's progress, without having to talk to each one individually. Daily updates on a telephone voice mail, websites like CaringBridge, e-mails to a large mailing list, or having a friend communicate the patient's progress to others works well.

Be politely assertive. Make sure your questions are answered by the medical team and that the patient's needs are being met.

Be flexible and patient. Few things happen exactly as expected. Plan for delays, setbacks, and surprises.

Learn to focus on those things that you CAN control, rather than those things that are beyond your control.

Try to maintain a sense of humor and a positive outlook. Taking things one day at a time helps.

If you'd like to talk with a person who has been a caregiver for a transplant patient, call BMT InfoNet. We can link you with someone who has been in your shoes and understands what you are going through.

CAREGIVING RESOURCES

BMT InfoNet
847-433-3313
888-597-7674 (toll-free)
help@bmtinfonet.org
bmtinfonet.org
One-on-one peer support for caregivers, website information, videos and publications about caregiving.

Be The Match®
888-999-6743
BeTheMatch.org
Website with information about caregiving

Cancer Support Community
(888) 793-9355
cancersupportcommunity.org/living-cancer-topics/caregivers
Information about caring for cancer patients and links to support groups.



CareZone
carezone.com
Online and mobile app to organize medications, appointments, important contacts and other medical information.

CaringBridge
caringbridge.org
Website where patients can create a personalized webpage to communicate with friends and family, and organize support during treatment.

Lotsa Helping Hands
lotsahelpinghands.com
Organize volunteers by creating a personalized calendar and outlining your specific needs.

My Med Schedule
(800) 543-2230
mymedschedule.com
Online and mobile app to track a patient's medication schedule.

BMT InfoNet
1548 Old Skokie Rd, Suite 1 • Highland Park IL 60035 USA
847-433-3313 • Toll free phone: 888-597-7674
help@bmtinfonet.org • www.bmtinfonet.org