

How to look after yourself

when caring for someone
with pancreatic cancer



Finding out someone you know has pancreatic cancer can turn your world upside down.

Whether you are a partner, family member or friend, everyone reacts differently. It's natural to feel shocked, overwhelmed and uncertain about the future.

Caring for someone with pancreatic cancer can be hard when you're juggling lots of responsibilities and worries. You may feel like you have to always be positive and strong for the person you are supporting, even if you are feeling isolated and alone.

But it's important that you get support too. You may find it easier to care for your loved one if you take time to take care of yourself.

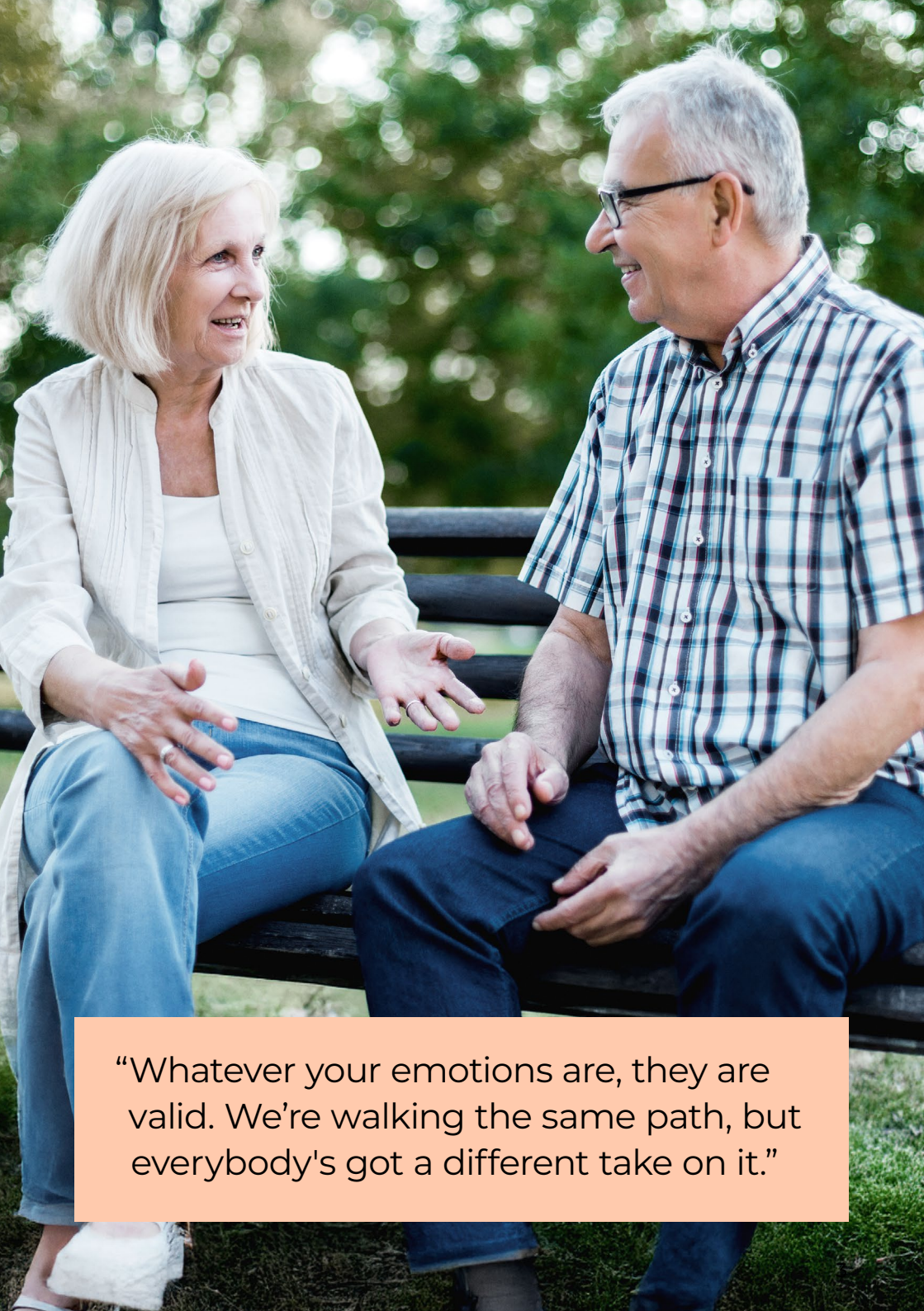
Whatever you are going through, we are here to help.

We can help you make sense of what's happening and be with you at every step.

Our specialist nurses are experts in pancreatic cancer. Call them on **0808 801 0707** or email: **nurse@pancreaticcancer.org.uk**

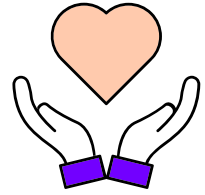
Find out more about our support at: **pancreaticcancer.org.uk/support**

We have information for you at: **pancreaticcancer.org.uk/families**



“Whatever your emotions are, they are valid. We’re walking the same path, but everybody’s got a different take on it.”

Looking after yourself



- **You are not alone.** There are people you can talk to, like the specialist nurses on our Support Line. Whether you have a long list of questions or don't know where to start, they will provide honest information.
- **Emotional and psychological support is available** for you. Counselling involves talking to someone who can help you explore your situation and find ways to cope. Ask your GP or the cancer nurse to refer you to see a counsellor or psychologist, or refer yourself using the NHS website.
- **Check what is offered through the hospital, hospice, Maggie's centre or Macmillan information and support centre.** Tenovus Cancer Care provide support in Wales, and Cancer Focus Northern Ireland and Action Cancer offer support in Northern Ireland.
- **We can help you connect and share your experience with other families** going through a similar thing. This can bring you comfort and support.

“It was comforting to listen to others and their views, thoughts, emotions and how they feel.”

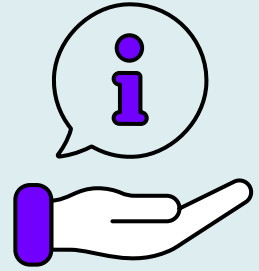
Kika

“When you are looking after someone with pancreatic cancer, you’re busy focussing on trying to be positive and you neglect yourself. I allowed myself to get emotional in the shower. I saw that as a place I could let everything out.”

Emma

- **It’s ok to ask for help.** You could ask family and friends to help with everyday activities like shopping, or jobs around the home. It will help with stress and make things easier for you to manage.
- **Finding the time to rest or do something for yourself** can be hard but looking after your own wellbeing is important. Taking regular breaks and trying to rest, eat well and find time for yourself will make it easier to cope.
- **When someone you know has cancer, it can make you question the bigger things in life.** You may find meaning through your daily life, by connecting with nature or speaking to others. Or you may find comfort in your faith or spirituality.
- You may be trying to stay positive, but **allow yourself to feel whatever you are feeling.** Moments of sadness or anger are normal. Finding someone you can talk to can help relieve stress and anxiety.

Finding information and support



If you want to talk, **our specialist nurses** are easy to reach. They can provide expert information, practical steps and emotional support when you need it. They can talk for as long as you need.

Website: pancreaticcancer.org.uk/support

Support Line: **0808 801 0707**

Email: nurse@pancreaticcancer.org.uk

We have a lot of information about support to help you care for your family member in our booklet:
Caring for someone with pancreatic cancer.

There are local services where you can access support, such as your GP, or the hospital or hospice if your family member is under their care.

Find more information about emotional support for families, and other organisations that can help, at:
pancreaticcancer.org.uk/emotions

“I have accessed the Support Line a few times and it has been incredibly helpful. They have been empathetic, and after every call, I’ve felt so much better. Their knowledge gave me strength and confidence in dealing with our situation. I don’t think I would have coped as well without the nurses at the end of the phone.”



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