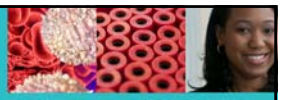


CREATING TOMORROW'S SOLUTIONS, TOGETHER

PREPARING THE TRANSPLANT COMMUNITY TO SERVE EVERY PATIENT IN NEED.

2012 COUNCIL MEETING

Supporting the Unique Needs of BMT Caregivers: Caregiver Companion Program

Emily McChesney, MSW, LICSW

Panel of Caregivers: Kate, Jody and Pradeep

Kathy Roundtree, MSW, LCSW

MariaE. MacWilliams, LCS

Financial Disclosure: None

Learning Objectives

At the end of this workshop, you'll be able to:

- Describe the unique experiences and needs of BMT caregivers
- Identify tools and resources available to support caregivers during their Care giving experience
- Explain the *new* Caregiver's Companion Program

BMT Caregiver Experiences

- Kate, eldest daughter and primary caregiver for her mother, Dixie who had her transplant in 2011

- Jody, caregiver for her husband, Steve who had his transplant in 2011

- Pradeep, caregiver for his wife, Bisi who had her transplant in 2010

BMT Social Work perspective

Kathy Roundtree, MSW, LCSW

- Unique Psychosocial Challenges of BMT
- Caregiver Challenges Throughout the Course of Treatment and Recovery
- Existing Resources and Unmet Needs
- Experience with Caregiver Companion Program

The Caregiver's Companion

Companion to Emotions

The purpose is to listen to the signals that emotions are sending and help caregiver to find coping strategies that work for them.

Companion to Communications

The purpose is to help develop better skills to communicate simply and directly, avoiding misunderstandings with your loved one, the health care team and others.

Companion to Social Support

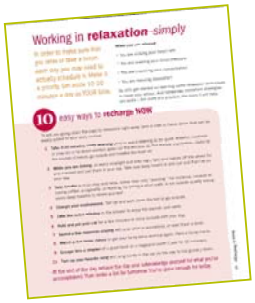
The purpose is to help caregiver learn and accept help when they need it most.

Companion to Physical Health

The purpose is to help caregivers learn and practice simple physical ways to relieve stress, specially when time is short.

- Burn off and turn off the stress
- Make healthy choices

Companion to Relax and Recharge

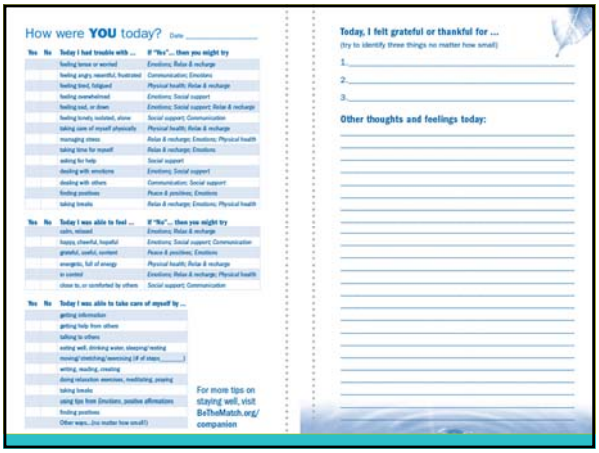


The purpose is to help caregiver learn easy relaxation techniques to help them reduce their stress and recharge.

Companion to Peace and Positive

The purpose is to find positives along the caregiving journey through:

- Finding Peace
- Finding Joy and Beauty
- Exploring Spirituality
- Expressing Gratitude



Coach Component

For More Information

- Resources are available online at Be The Match website at: **BeTheMatch.org/companion**
- Email: patientinfo@nmdp.org
- **Meet the Expert**
  TODAY from 3:00-3:30
  Kate Pederson, MSW, LICSW

Questions

References

Andrykowski, M. A., Bishop, M. M., Hahn, E. A., Cella, D. F., Beaumont, J. L., Brady, M. J., Horowitz, M. M., et al. (2005). Long-Term Health-Related Quality of Life, Growth, and Spiritual Well-Being After Hematopoietic Stem-Cell Transplantation. *Journal of Clinical Oncology*, *23*(3), 599–608. doi:10.1200/JCO.2005.03.189

Bevans M, S. E. (2012). Caregiving burden, stress, and health effects among family caregivers of adult cancer patients. *JAMA: The Journal of the American Medical Association*, *307*(4), 398–403. doi:10.1001/jama.2012.29

Bishop, M. M., Beaumont, J. L., Hahn, E. A., Cella, D., Andrykowski, M. A., Brady, M. J., Horowitz, M. M., et al. (2007). Late Effects of Cancer and Hematopoietic Stem-Cell Transplantation on Spouses or Partners Compared With Survivors and Survivor-Matched Controls. *Journal of Clinical Oncology*, *25*(11), 1403–1411. doi:10.1200/JCO.2006.07.5705