


**CAREGIVING OVER COFFEE:
AN INTERACTIVE Q&A WITH
DR. MITCHELL**

Hannah-Rose Mitchell, PhD, MPH
Chief Postdoctoral Research Fellow
Department of Psychiatry and
Behavioral Sciences
Memorial Sloan Kettering Cancer Center
New York, NY


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WELCOMING REMARKS

Caregiving over Coffee: An Interactive Q&A with Dr. Mitchell




Lizette Figueroa-Rivera
Sr. Director, Education & Support
The Leukemia & Lymphoma Society




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DISCLOSURES


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Memorial Sloan Kettering
Cancer Center.

Care for the Cancer Caregiver

The Leukemia & Lymphoma Society
Thursday, June 16, 2022

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Slides adapted from Allison J. Applebaum, Ph.D., *Director, Caregivers Clinic*



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Cancer Caregivers are Cancer Survivors

survivorship

 (ser-VY-ver-ship)

In cancer, survivorship focuses on the health and well-being of a person with cancer from the time of diagnosis until the end of life. This includes the physical, mental, emotional, social, and financial effects of cancer that begin at diagnosis and continue through treatment and beyond. The survivorship experience also includes issues related to follow-up care (including regular health and wellness checkups, late effects of treatment, cancer recurrence, second cancers, and quality of life). Family members, friends, and caregivers are also considered part of the survivorship experience.

More Information

[Cancer Survivorship](#)

[Search NCI's Dictionary of Cancer Terms](#)

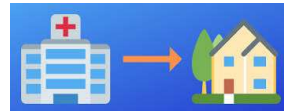
From National Cancer Institute Dictionary of Cancer Terms:

<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/survivorship>



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Who are the Caregivers?



- Any individual providing (typically unpaid) emotional, instrumental, informational, or financial support.
- Health care increasingly relies on home care → More burden on caregivers.
- WHO estimates that ~8% of the global population is dependent on others for care
- Worldwide, more than 19 million cancers diagnosed in 2020, assume ≥ 1 caregiver for each
- Caregivers are predominantly female, providing care to a parent, over 1/3 provide care to two or more people, 8.3 hrs/day, 13.7 mnths on average, 5 + years

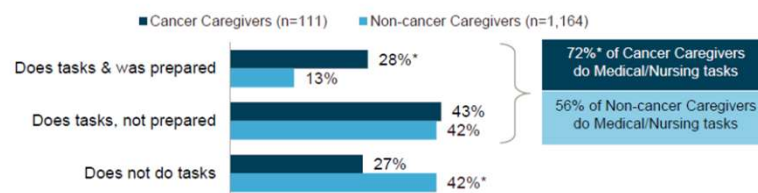


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Caregiver Experience in Cancer Care

- Instrumental support
 - Activities of daily living (ADL)
 - Skilled nursing tasks
- Emotional support
- Informational support
- Financial support

Figure 8: Performance of and Preparation for Doing Medical/Nursing Tasks



Caregiving in the U.S., 2016; www.caregiving.org

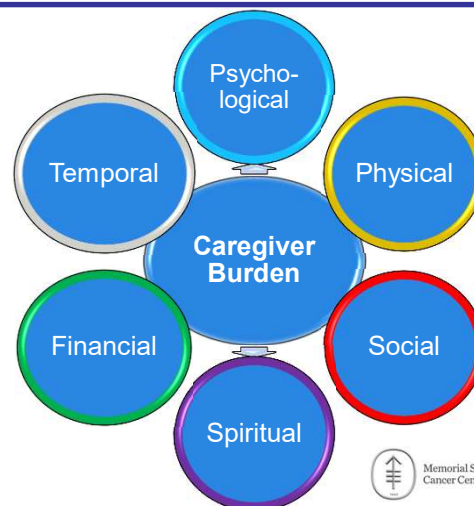


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Caregiver Strain and Burden

Caregiver strain and burden encompasses the difficulties assuming and functioning in the caregiver role, as well as associated alterations in the caregiver's emotional and physical health that can occur when care demands exceed resources. Caregivers experience differing challenges during different phases of the cancer trajectory that can significantly impact their functioning and quality of life.

Demands exceed resources



Multidimensional



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Accessing Your Own Support

- Recognize signs and symptoms of burden
- Activate support networks
 - Challenge yourself to ask for help
 - Support may come from unlikely sources
 - Identify professional sources of care
- Recognize what is meant by self-care
 - Guilt is a red flag
 - Self-care includes expressing emotions



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Acknowledgements

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- Dr. Allison Applebaum contributed to the presentation and provided content for slides

mitchelh@mskcc.org

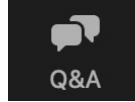
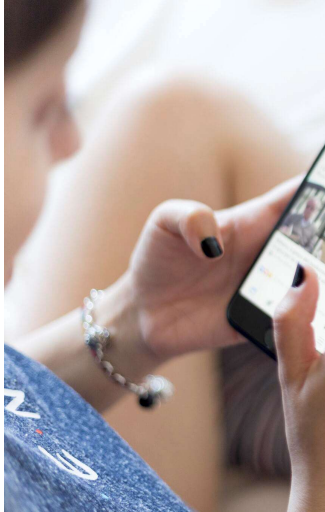


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ASK A QUESTION

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- You may submit your questions anonymously on the Q&A tab.
- If we don't get to your question, please contact us at:

LLS Information Specialists

1-800-955-4572

[LLS.org/ContactUs](https://www.lls.org/ContactUs)

M – F 9am – 9pm ET




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LLS EDUCATION & SUPPORT RESOURCES

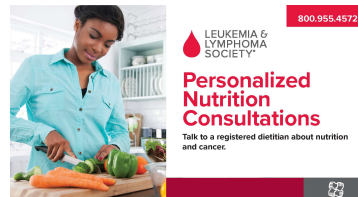
HOW TO CONTACT US:

To contact an **Information Specialist** about disease, treatment and support information, resources and clinical trials:

 **Call: (800) 955-4572**
Monday to Friday, 9 a.m. to 9 p.m. ET

 **Chat live online: www.LLS.org/InformationSpecialists**
Monday to Friday, 10 a.m. to 7 p.m. ET

 **Email: www.LLS.org/ContactUs**
All email messages are answered within one business day.



NUTRITION CONSULTATIONS
Our registered dietitian has expertise in oncology nutrition and provides free one-on-one consultations by phone or email.

www.LLS.org/Consult


CLINICAL TRIAL SUPPORT CENTER

Work one-on-one with an LLS Clinical Trial Nurse Navigator who will help you find clinical trials and personally assist you throughout the entire clinical-trial process.



www.LLS.org/Navigation





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LLS EDUCATION & SUPPORT RESOURCES


ONLINE CHATS






Tragedy to Legacy:
NFL Player Continues The Fight

DCAST

Online Chats


Online Chats are free, live sessions, **moderated by oncology social workers**. To register for one of the chats below, or for more information, please visit www.LLS.org/Chat

Education Videos

Community of blood cancer patients, survivors and caregivers supporting each other and giving trusted information and resources, please visit www.LLS.org/EducationVideos

Patient Podcast

The Bloodline with LLS is here to remind you that after a diagnosis comes hope. To listen to an episode, please visit www.TheBloodline.org



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LLS EDUCATION & SUPPORT RESOURCES



877.557.2672

Help With Finances

The Leukemia & Lymphoma Society (LLS) offers financial assistance* to help individuals with blood cancer.

The **LLS Patient Aid** Program provides financial assistance to blood cancer patients in active treatment. Eligible patients will receive a \$300 stipend. Visit www.LLS.org/PatientAid


The **Urgent Need** Program, established in partnership with Mopple's Love, helps pediatric and young adult blood cancer patients, or adult blood cancer patients who are enrolled in clinical trials, with acute financial need. The program provides a \$500 grant to assist with non-medical expenses, including utilities, rent, mortgage, food, lodging, dental care, child care, elder care, and other essential needs. Visit www.LLS.org/UrgentNeed

The **Susan Lang Pay-It-Forward Patient Travel Assistance** Program provides blood cancer patients a \$500 grant to assist with transportation and lodging-related expenses. Visit www.LLS.org/Travel


The **Co-Pay Assistance** Program offers financial support toward the cost of insurance co-payments and/or insurance premiums for prescription drugs. Visit www.LLS.org/CoPay

*Eligibility for LLS financial assistance programs is determined by household income. Funding for other LLS benefit programs is provided by donations from individual donors, companies, and LLS campaigns.

The Leukemia & Lymphoma Society (LLS) offers the following financial assistance programs to help individuals with blood cancer: www.LLS.org/Finances




To order free materials: www.LLS.org/Booklets



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