

**CAREGIVING OVER COFFEE:
CARING & COPING**

Allison J. Applebaum, PhD
Associate Attending Psychologist
Director, Caregivers Clinic
Department of Psychiatry and Behavioral Sciences
Memorial Sloan Kettering Counseling Center
New York, NY



LEUKEMIA & LYMPHOMA SOCIETY™

1


WELCOMING REMARKS
CAREGIVING OVER COFFEE: CARING & COPING




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


LEUKEMIA & LYMPHOMA SOCIETY™

2


 **FACULTY**
CAREGIVING OVER COFFEE: CARING & COPING




Allison J. Applebaum, PhD
Associate Attending Psychologist
Director, Caregivers Clinic
Department of Psychiatry and Behavioral Sciences
Memorial Sloan Kettering Counseling Center
New York, NY



3

 **DISCLOSURES**
CAREGIVING OVER COFFEE: CARING & COPING

Allison J. Applebaum, PhD, receives support from Blue Note Therapeutics.



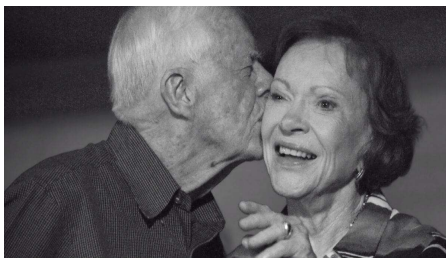
4

Overview of Talk

- Responsibilities and challenges faced by caregivers
- Common mental health concerns
- The benefits of professional help
- The benefits of caregiving

5

Former First Lady Rosalynn Carter:



*“There are only four kinds
of people in the world:
...those who have been
caregivers,
...those who are currently
caregivers,
...those who will be
caregivers,
...and those who will need
caregivers.”*


6



7


What Do the 53 Million U.S. Caregivers Do?

- Assist with activities of daily living (ADLs) and instrumental activities of daily living (IADLs)
- Emotional support
- Nursing support
 - 72% of cancer caregivers and 56% of non-cancer caregivers perform medical/nursing tasks
- On average, caregivers provide care for 8.3 hours/day for 13.7 months; 22% provide care for 41+ hours/week
- Annual economic value of caregiving in the U.S. was recently estimated at \$375 billion
- *Caregivers are critical to our healthcare system.*




Memorial Sloan Kettering
Cancer Center

8



National
Caregiving Crisis





Memorial Sloan Kettering
Cancer Center

9

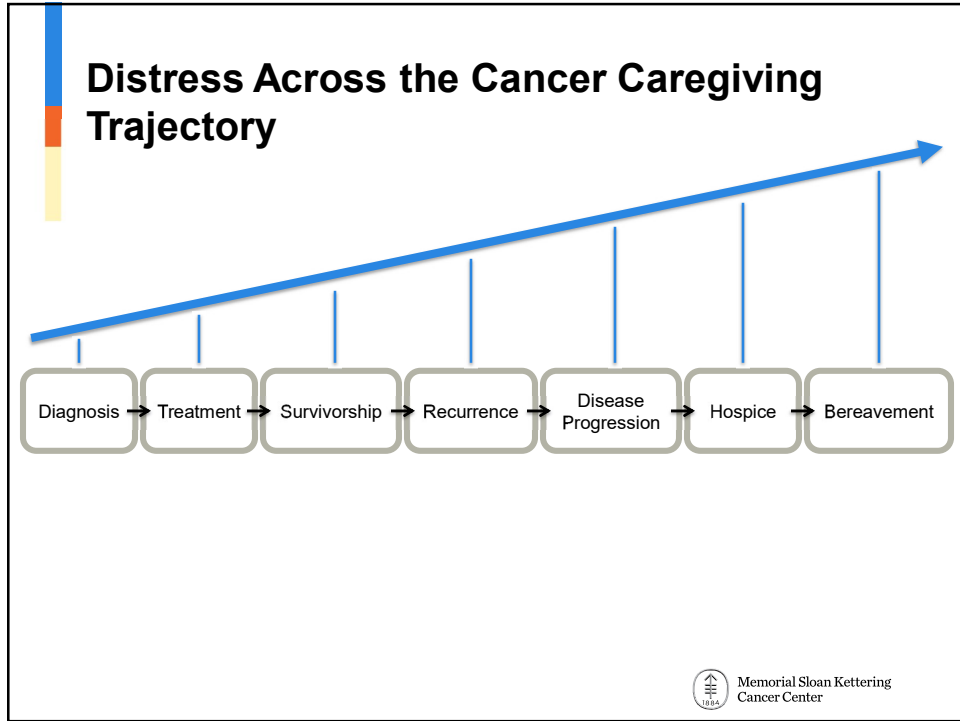
Caregiver Burden

- Multi-dimensional
 - Psychological
 - Anxiety
 - Depression
 - Post-traumatic stress disorder
 - Physical/Medical (19% report health is fair/poor)
 - Cardiovascular disease
 - Poor immune functioning
 - Fatigue/sleep difficulties
 - Higher rates mortality
 - Financial
 - Temporal
 - Existential

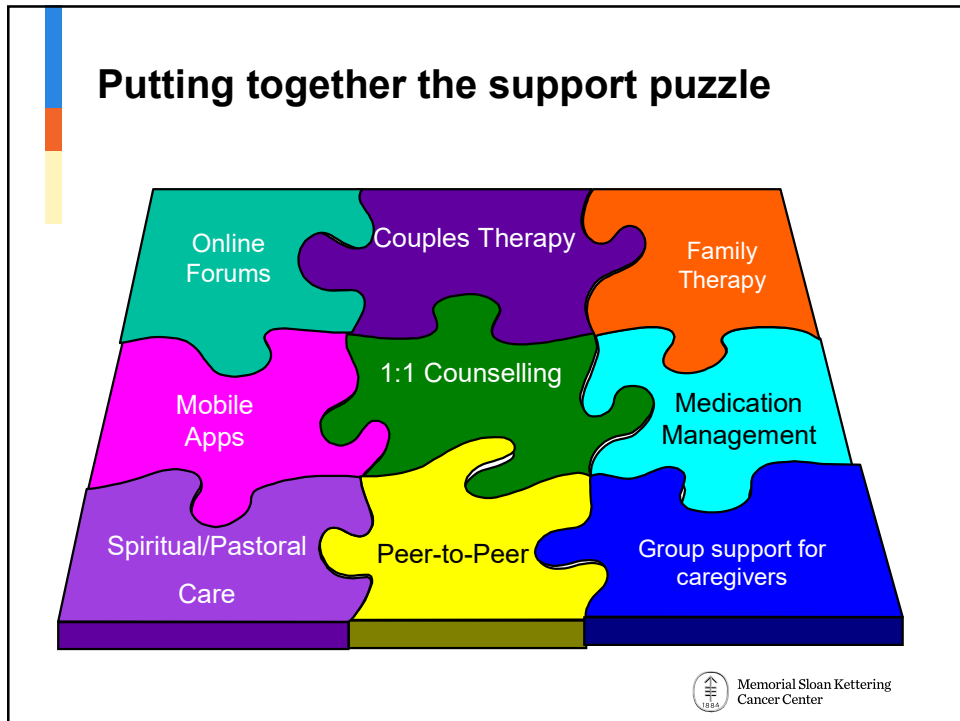



Memorial Sloan Kettering
Cancer Center

10



11



12

Common Reasons Caregivers Seek Professional Support

- Difficulty communicating with patients and/or healthcare professionals
 - Advanced Care Planning
 - Networks of silence
- Generalized Anxiety Disorder
- Insomnia and related distress
- Maintaining a balance between caregiving, self-care, and managing guilt
- Existential distress, death anxiety



13



Memorial Sloan Kettering Cancer Center

Self-Care



14

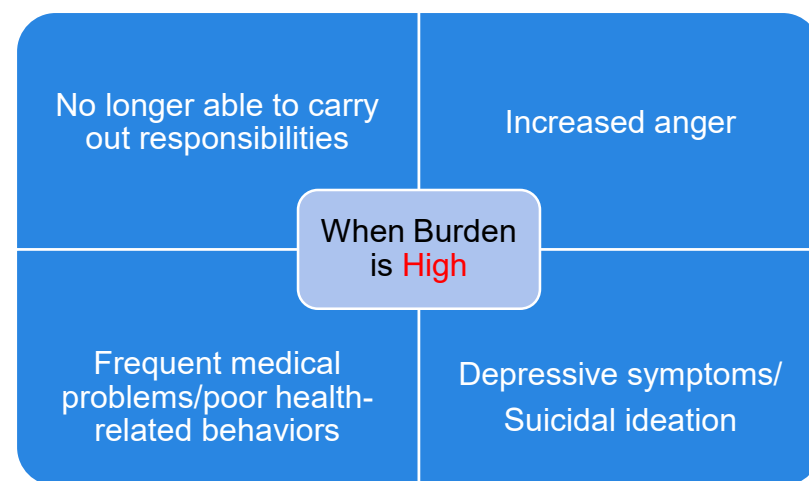
What is Self-Care?

- Self-care is about being deliberate in taking time for yourself for the betterment of your mind, body and soul.
- Self-care is NOT about being selfish. It is about replenishing and refreshing your spirit in different ways.



15

When is Self-Care Needed?



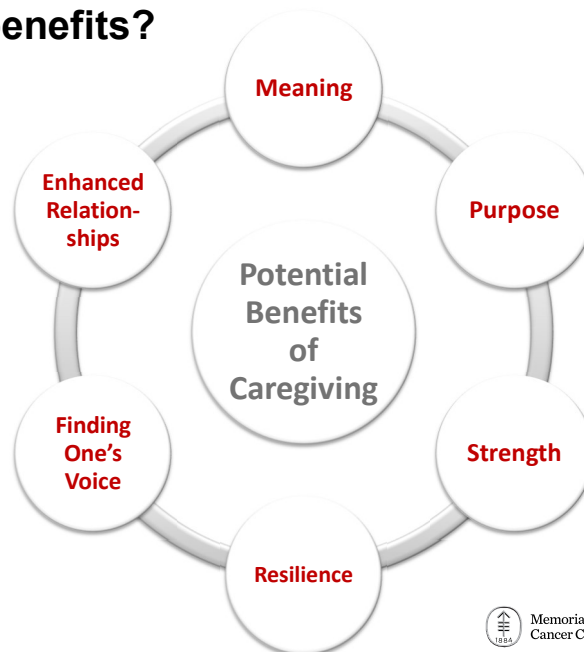
16

Self-Care Tips

- Schedule self-care as you would a medical appointment or work meeting
- Integrate one self-care activity into every day, more on stressful days
- Take an honest look at your current coping strategies
- Think SMALL
- Make sure self-care activities are in line with good sleep hygiene

17

Any benefits?



18




19

ASK A QUESTION
CAREGIVING OVER COFFEE: CARING & COPING

Ask a question by phone:
 Press star (*) then the number 1 on your keypad.


Ask a question by web:
 Click "Ask a question"
 Type your question
 Click "Submit"

Due to time constraints, we can only take one question per person. Once you've asked your question, the operator will transfer you back into the audience line.

 LEUKEMIA & LYMPHOMA SOCIETY™

20

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.

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



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



21


LLS EDUCATION & SUPPORT RESOURCES



ONLINE CHATS

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

View our free education videos on disease, treatment, and survivorship. To view all patient videos, 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



22

LLS EDUCATION & SUPPORT RESOURCES

LEUKEMIA & LYMPHOMA SOCIETY
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 \$500 stipend. Visit www.LLS.org/PatientAid

The Urgent Need Program, established in partnership with Moppe'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 Long 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

*Funding for LLS Co-Pay Assistance Program is provided by pharmaceutical companies. Funding for LLS Patient Aid Program is provided by individual donors. Assistance is subject to availability. Financial assistance is not available for out-of-pocket expenses.

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

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

LEUKEMIA & LYMPHOMA SOCIETY

23

THANK YOU

We have one goal: A world without blood cancers

LEUKEMIA & LYMPHOMA SOCIETY

24