

Cancer Caregivers & Patients Communication Template

Communication is essential. Setting some basic expectations for each other will help reduce stress and frustration.

It can be challenging to figure out who does what? To help make that easier, we have created a template that you can use to start these conversations. It is important to revisit these expectations as things change. You may have to reevaluate monthly what the caregiver should do/ will do for the patient; and what the patient should do/ will do themselves.

1) A week or two after early-stage treatments.

a. Caregiver will do:

1. (Ex: All shopping) _____
2. (Ex; Household chores) _____
3. _____

b. Patient will do:

1. _____
2. _____
3. _____

2) Around the 3rd treatment.

a. Caregiver will do:

4. (Ex: All shopping) _____
5. (Ex; Household chores) _____
6. _____

b. Patient will do:

1. _____
2. _____
3. _____

3) Every other month going forward/as needed.

a. Caregiver will do:

7. (Ex: All shopping) _____
8. (Ex; Household chores) _____
9. _____

b. Patient will do:

1. _____
2. _____
3. _____

We suggest you continue talking about this issues/tasks as things change or develop or get better. Communicating is the key.