

# Person who looks after me

When you are diagnosed with cancer, getting practical and emotional support from your family or friends can be very important. You may worry how your cancer diagnosis will affect the person who looks after you.

If someone becomes your carer, it can affect your relationship with them. It may make the relationship stronger. Or you may feel it has changed the balance of your relationship. For example, if you are looking after a parent, you may feel your roles have been reversed. You may miss the relationship you had before.

The demands of caring can sometimes put a strain on your relationship, but support is available for you and the person who looks after you.

## Tips for managing your relationship with the person who looks after you

- Give yourselves time to get used to the change in your roles, and talk about them.
- Try to be honest with each other about your feelings. Listen to each other's needs and find ways to meet them.
- Set boundaries to help you both keep your independence and feel in control.
- It may help to write down a list of priorities. Together, you can plan what things are most important and what help you might need. Try to find ways you can help each other so that you both feel cared for.
- Remember that you always have a choice in decisions that affect you.
- Keep to daily routines to give you both a sense of structure.
- Do not be afraid to be yourselves. Try to do things that are fun. Laughing together can make you both feel less stressed.
- Your local council may be able to help you and the person who looks after you. They can assess the practical and social help that each of you may need. Contact your local council adult social services department for more information about having a [needs assessment](#) or a [carer's assessment](#).
- Looking after someone you care about can cause many different [feelings and emotions](#). Encourage your carer to talk about their feelings with family, friends, or the healthcare team. They can also call our cancer support specialists on **0800 808 00 00** for information and emotional support.
- If you are very tired or stressed, talk to your GP. They may be able to suggest some things that could help.
- It can be helpful to share experiences with other people in similar situations. You can talk to other carers through our [Online Community](#). Or you could join a [self-help and support group](#).
- If you need help with your relationship, you may find it helpful to [talk to a professional](#), such as a counsellor. Counselling can be offered to you individually, as a couple or a family.
- If your carer is [working while looking after you](#), this can cause extra stress. They have rights at work that may make it easier to keep working while caring. These include the right to:
  - ask for flexible working arrangements
  - take unpaid time off work in an emergency
- You may also be able to get [financial support](#) from the government.

## Macmillan Cancer Support resources

We have more information on our [website](#), including audiobooks. Or you can order our free booklets and leaflets on [be.macmillan.org.uk](http://be.macmillan.org.uk) such as:

- [Help with the cost of cancer](#)
- [Help with costs when you have cancer – easy read](#)
- [Looking after someone with cancer](#)
- [Looking after someone with cancer audiobook](#)
- [Working while caring for someone with cancer](#)
- [Working while caring for someone with cancer audiobook](#)

We produce information in a [range of formats](#) and [languages](#). To order these, visit our website or call our support line.

## Further Macmillan support

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm. Or visit [macmillan.org.uk](http://macmillan.org.uk) where you can [chat to us online](#).

Deaf or hard of hearing? Call using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app. Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

Our free [Macmillan Buddy](#) service can arrange weekly calls or visits with a friendly volunteer who understands what you're going through.

Or if you want to share your experiences or ask questions, you can find others who understand on our [Online Community](#).

## Other useful contact details

- British Association for Counselling and Psychotherapy – visit [www.bacp.co.uk](http://www.bacp.co.uk) or call **0145 588 3330**
- Carers Direct – visit [www.carersdirect.org](http://www.carersdirect.org) or call **0203 904 4520**
- Carers Trust – visit [carers.org](http://carers.org) or call:
  - **0300 772 9600** (England)
  - **0300 772 7701** (Scotland)
  - **0300 772 9702** (Wales)
- Carers UK – visit [www.carersuk.org](http://www.carersuk.org) or call **0808 808 7777**

## Notes and questions

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