



7 Tips from Care Partners to Help Navigate Your Loved One's Lung Cancer Journey

Being a lung cancer care partner is a huge undertaking, so it can be difficult to know where to start. Care partners share their advice, the challenges they face, and tips to help other care partners navigate this journey with their loved ones.



1. Educating Yourself



Tip

Work with your support team to identify resources that break down complicated medical vocabulary. This will arm you and your loved one with tools to make treatment decisions that are right for them. With lung cancer, it is especially important to learn about biomarker testing that could uncover genetic mutations found in tumors, helping doctors tailor treatment to your loved one's precise cancer.

Learn more about this topic from our advocacy partners:



2. Getting to Know Their Care Team



Tip

Work with your loved one's medical care team to ensure personalized treatment and understand the roles of the various healthcare professionals involved in their care.

Learn more about this topic from our advocacy partners:



3. Balancing Family Life



Tip

Communicate your needs as a care partner to family and friends. Your community often wants to help but may not know how. By being open about the support you need, others can help and allow you to better balance caring for yourself and your loved one.

Learn more about this topic from our advocacy partners:





4. Managing Burnout



Tip

Find time to do the things you and your loved one enjoyed before their cancer diagnosis. Having a “cancer-free” day can provide you both with a sense of normalcy and a break from your day to day.

Learn more about this topic from our advocacy partners:



[Advice for Caregivers: Handling Burnout](#)



5. Joining Resource Groups



Tip

Resource groups provide reassurance and encouragement as members exchange tips and words of advice throughout treatment. Care partner resource groups also enable you to become involved in campaigning for your loved one’s needs through advocacy work.

Learn more about this topic from our advocacy partners:



[Support Groups](#)



6. Being An Advocate



Tip

Advocacy organizations, such as those listed below, offer opportunities to engage and provide hope, comfort, understanding and support to other care partners and their loved ones. Even the smallest of actions can cause a ripple effect that may change one person's experience or impact the very future of lung cancer treatment.

Learn more about this topic from our advocacy partners:



7. Addressing Care Partner Mental Health



Tip

Take care of your needs. Whether that's exercise, painting, or seeing a mental health professional, it is not selfish to take time out of your week to recalibrate. Not only will it help you feel better, but it will allow you to take better care of your loved one.

Learn more about this topic from our advocacy partners:



[Taking Care of Yourself](#)



[Depression: What it is and What it is Not](#)



[Caregiving For A Loved One Living With Lung Cancer](#)