

Most (63%) caregivers play a role in communicating with healthcare professionals about their loved one's care.

As a caregiver to someone with lung cancer, you may be involved in your loved one's medical care. You may need to work with the team of doctors, nurses and other healthcare professionals who are taking care of your loved one during his or her lung cancer journey. Below are some tips to help you in this important role.

Assert Yourself as the Caregiver

Right from the beginning, you may want to let members of the healthcare team know you are the caregiver. Your loved one may be overwhelmed at first and want you at doctor appointments. Let the healthcare team know your role so you can be included in discussions.

Be an Advocate

Let your loved one take the lead in conversations with the healthcare team. But it's OK for you to speak up, too. Your loved one may want a partner to listen to all the information from the doctors, ask questions, and offer an opinion when decisions need to be made about procedures or treatment.

Get to Know the Healthcare Team

It helps to get to know all the healthcare professionals treating your loved one so you feel comfortable asking them questions. If certain members of the healthcare team are open to it, you may be able to get their e-mail address or cell phone numbers to reach them directly for emergencies.

Come with Questions and Take Notes

LUNgevity.org has a **list of suggested questions** to ask at each step of the lung cancer journey as well as **checklists** for doctor appointments. It may also help to take notes on a notepad or record the conversation on your smartphone. You may want to ask the doctor to write down the names of treatments or terms and what they mean, and where you may be able to get more information.

Follow the Treatment Plan

The healthcare team may create a plan to treat your loved one, which can include procedures, treatments and a medication regimen. There may be a lot of instructions to follow, so you can help your loved one by reminding him or her what the specific actions are and when/how to take certain medicines.



The "Your Journey Together" Program was created by Celgene Corporation in collaboration with LUNgevity Foundation for caregivers of people with lung cancer. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your loved one's healthcare team for questions you have about managing your loved one's condition.

