

**How to look
after yourself
when caring for
someone with
pancreatic cancer**

Finding out someone you know has pancreatic cancer can turn your world upside down.

Whether you are a partner, family member or friend, everyone reacts differently and it's natural to feel shocked, overwhelmed and uncertain about the future.

Caring for someone with pancreatic cancer can be hard when you are juggling lots of responsibilities and worries. You may feel like you have to always be positive and strong for the person you are supporting, even if you are feeling isolated and alone. But it's important that you get support too. You may find it easier to care for your loved one if you take time to take care of yourself.

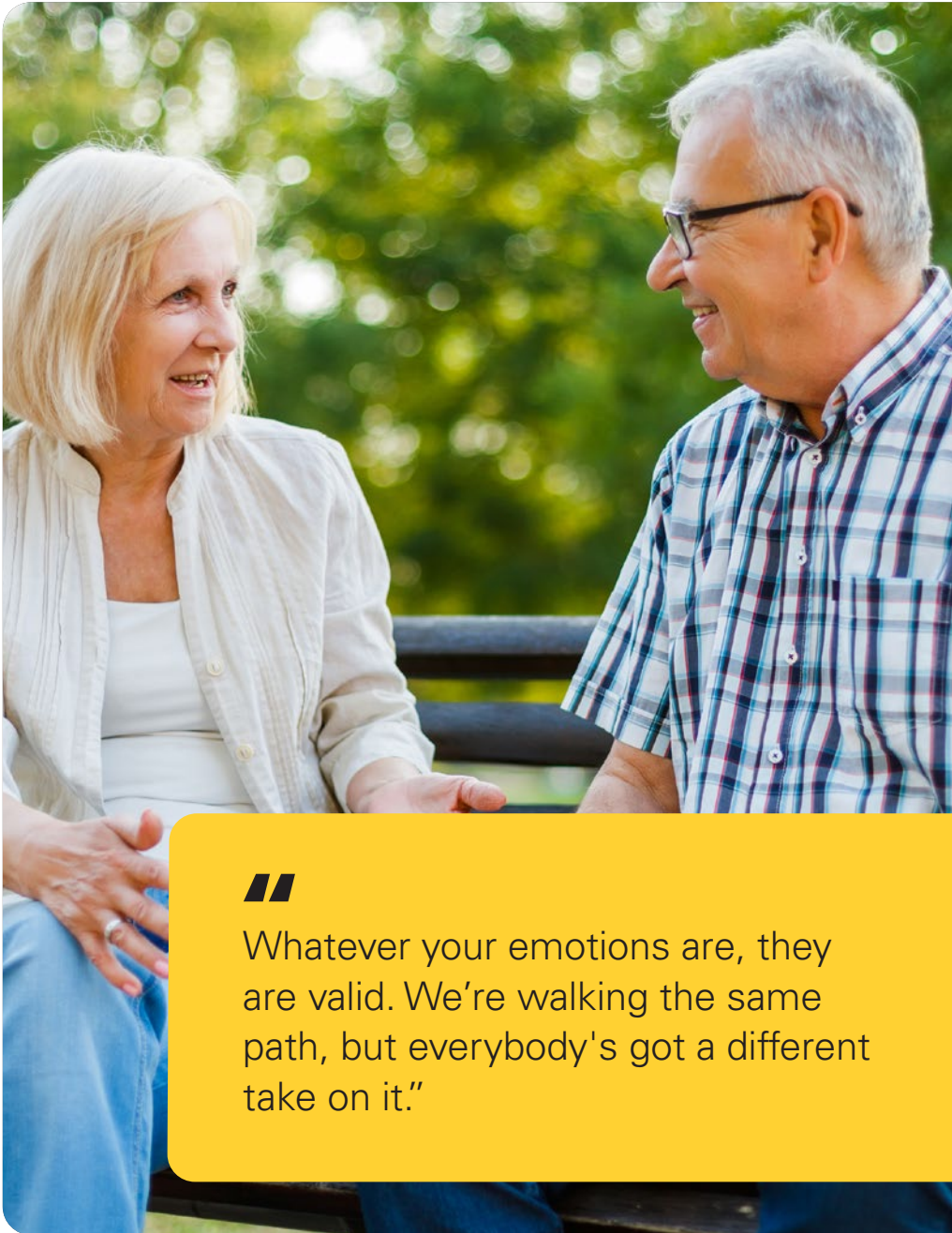
Whatever you are going through, we are here to support you. We can help you make sense of what's happening and be with you at every step. Our specialist nurse Support Line, expert information, and services to connect you to people with similar experiences are here when you need them.



Find out more about our support at:
pancreaticcancer.org.uk/support

Call **0808 801 0707** to speak to a specialist nurse, or email the nurses at:
nurse@pancreaticcancer.org.uk

The information in this leaflet will give you some tips on taking care of yourself. Plus ways to get further support and information when the time is right for you.



“

Whatever your emotions are, they are valid. We're walking the same path, but everybody's got a different take on it.”

Looking after yourself



You are not alone. There are people you can talk to, like the specialist nurses on our Support Line. They can talk to you for as long as you need, answering any medical questions you may have. They can also recommend practical steps and provide emotional support whenever you need it.



Emotional and psychological support is available for family and carers as well. Ask the GP or nurse to refer you to see a counsellor or psychologist, or refer yourself using the NHS website. Check what is offered through the hospital, hospice, Macmillan information and support centre or Maggie's centre. Tenovus Cancer Care provide support in Wales, and Cancer Focus NI and Action Cancer offer support in Northern Ireland.



Connecting with other families going through the same thing can bring you comfort and support. This could be through using our online forum or joining one of our online support sessions to meet others who understand what it's like.

// It was comforting to listen to others and their views, thoughts, emotions and how they feel." **Kika**

“// When you are looking after someone with pancreatic cancer, you’re busy focussing on trying to be positive and you neglect yourself. I allowed myself to get emotional in the shower. I saw that as a place I could let everything out.” **Emma**



It’s ok to ask for help. You could ask family and friends to help with everyday activities like shopping, or jobs around the home. It will help with stress and will make things easier for you to manage.



Finding the time to rest or do something for yourself can be hard but looking after your own wellbeing is important. Taking regular breaks, trying to rest, eat well and find time for your own needs will make it easier to cope.



When someone you know has cancer, it can make you question the bigger things in life and search for meaning. You may find meaning through your daily life, by connecting with nature or speaking to others. Or you may find comfort in your faith or spirituality.



You may be trying to stay positive, but allow yourself to feel whatever you are feeling. Moments of sadness or anger are normal. Finding someone you can talk to can help relieve stress and anxiety.

Finding information and support

There is more detailed information about emotional support for families on our website: **pancreaticcancer.org.uk/emotions**

Our specialist nurses on our Support Line are only a call or email away. They can provide expert information and emotional support when you need it. They can talk for as long as you need.

Website: **pancreaticcancer.org.uk/support**

Support Line: **0808 801 0707**

Email: **nurse@pancreaticcancer.org.uk**

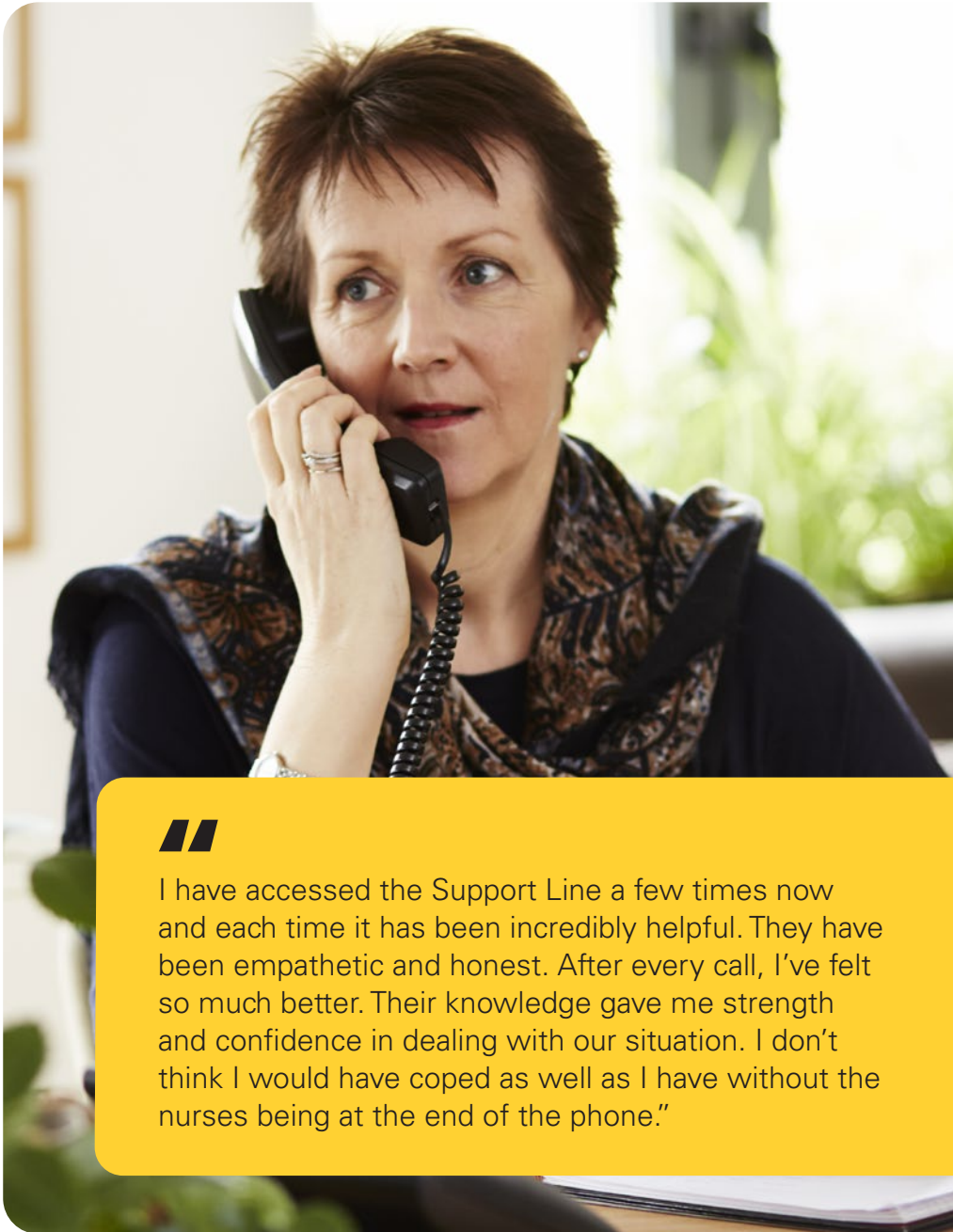


We have a lot of information about support to help you care for your family member in our booklet:

**Caring for someone with pancreatic cancer.
Information for families and carers.**

Or at: **pancreaticcancer.org.uk/families**

You can access local services for support, such as the hospital, GP surgery or hospice if your family member is under their care. They can also signpost you to counselling. Counselling involves talking to a professional to help you explore your situation and find ways to cope. There are also other organisations you can turn to. Find out more at: **pancreaticcancer.org.uk/emotions**



//

I have accessed the Support Line a few times now and each time it has been incredibly helpful. They have been empathetic and honest. After every call, I've felt so much better. Their knowledge gave me strength and confidence in dealing with our situation. I don't think I would have coped as well as I have without the nurses being at the end of the phone."

Pancreatic Cancer UK

Pancreatic Cancer UK

Westminster Tower
3 Albert Embankment
London SE1 7SP

020 3535 7090
enquiries@pancreaticcancer.org.uk
pancreaticcancer.org.uk

© Pancreatic Cancer UK July 2022
Review date July 2024
Registered charity number 1112708 (England
and Wales), and SC046392 (Scotland)