New American Cancer Society Book Offers Problem-Solving Approach to Family Caregiving

An Invaluable Resource to Anyone Facing the Challenges of Caregiving

ATLANTA— November 7, 2011— A person's life changes when they are told they have cancer. Life also changes for that person's spouse, partner, adult child, friend, or other family member who is about to become a caregiver. The caregiver may take on responsibilities that used to be reserved for trained health professionals. *The American Cancer Society Complete Guide to Family Caregiving, Second Edition* is a practical, easy-to-use guide for anyone dealing with the challenges of cancer treatment and caregiving.

The book includes information on a wide range of issues a family caregiver might encounter, such as: managing caregiving, including being an effective caregiver, helping children cope, and dealing with finances; navigating the medical system; dealing with emotional responses to cancer and cancer treatment such as depression and anxiety; dealing with physical side effects of cancer and cancer treatment; and preparing for and dealing with end-of-life care.

To be effective, caregivers must take care of the person with cancer and also take care of themselves. Helpful sections in the book provide caregivers with guidance on how to deal with the physical stress of caregiving, with feelings of being overwhelmed, and with a range of emotions. Dealing with cancer and cancer treatment is hard, for the person with cancer and for the caregiver. This essential guide can make the journey easier for both.

About the Editors

Julia A. Bucher, R.N., Ph.D., is an associate professor in the Department of Nursing at York College of Pennsylvania, where she teaches Community Health Nursing. Her previous experience includes caring for people with cancer at home and helping their families as a cancer clinical nurse specialist. She has designed and evaluated several types of supportive community services to help people with cancer and their families cope. Dr. Bucher uses a problem-solving approach to teach students and families how to deal with problems using a focused, step-by-step approach. She received her PhD in community systems planning and development from Penn State in 1992 and has been affiliated with the American Cancer Society for several decades as a volunteer, statewide planner, and data manager. She is dedicated to making life easier for those facing the cancer challenge.

Peter S. Houts, Ph.D., is a retired professor of behavioral science at Penn State University College of Medicine. A social psychologist, Dr. Houts has conducted research for more than twenty-five years on how cancer patients cope with their illness. He has developed and evaluated innovative interventions to help cancer patients and their family caregivers cope with illness. He has also directed surveys focusing on the problems and unmet needs of people dealing with a cancer diagnosis. Dr. Houts was a co-developer of the psychoeducational COPE Model, which is widely used in applying problem-solving techniques to cope with illness. He continues to mentor colleagues and act as a consultant on research dealing with applying problem-solving education and counseling to health care. Dr. Houts is coauthor of numerous publications on caring for cancer patients and helping those dealing with cancer to cope with it effectively.

Terri Ades, D.N.P., F.N.P.-B.C., A.O.C.N., is director of Cancer Information for the American Cancer Society National Home Office in Atlanta. In this position, she oversees the development and maintenance of the Society's cancer information that is available through the Society's Web site, toll-free call center, patient education/consumer awareness materials, and translations. Dr. Ades is an oncology clinician and expert in health literacy. She is certified as an advanced practice oncology nurse and family nurse practitioner. She is an Adjunct

Faculty member of Emory University Nell Hodgson Woodruff School of Nursing and the Winship Cancer Institute of Emory Healthcare where she continues in clinical practice in the Hematology Outpatient Clinic at Grady.

Please also click here to view our podcast featuring Co-Editor Julia A. Bucher, R.N., Ph.D., to learn more about this book.

About the American Cancer Society

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end cancer for good. As a global grassroots force of three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping you stay well by preventing cancer or detecting it early, helping you get well by being there for you during and after a diagnosis, by finding cures through groundbreaking discovery and fighting back through public policy. As the nation's largest non-governmental investor in cancer research, contributing more than $3.5 billion, we turn what we know about cancer into what we do. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us anytime, day or night, at 1-800-227-2345 or visit cancer.org.