Resources for Caregivers
University of Colorado Cancer Center ● Cancer Resource Center ● 720-848-0316

National Organizations & Websites:

- Family Caregiver Alliance
  - www.caregiver.org
  - 800-445-8106

- National Family Caregivers Association
  - www.nfcacares.org
  - 800-896-3650

- Well Spouse Association
  - www.wellspouse.org
  - 800-838-0879

- National Alliance for Caregiving
  - www.caregiving.org
  - 800-422-6237

- 4th Angel Network Mentoring
  - www.4thangel.org

- National Respite Locator Service
  - www.respitelocator.org

- National Cancer Institute
  - www.cancer.gov
  - 800-422-6237

- CancerCare
  - www.cancercare.org
  - 800-813-4673

- National Alliance for Caregiving
  - www.caregiving.org
  - 800-422-6237

- Cancer Hope Network
  - www.cancerhopenetwork.org
  - 877-467-3638

The University of Colorado Cancer Center:

- **Cancer Resource Center: 720-848-0316**
  - The University of Colorado Cancer Resource Center provides informational and educational support for cancer patients and their families. An American Cancer Society Patient Navigator is available to assist you with all of your support needs. Hours are Monday - Friday, 8:30 a.m. to 4:00 p.m.

Local Area Support:

- **Lutheran Medical Center: 303-689-4595**
  - Circle of Support is a support group for family and caregivers of persons with cancer and meets the 1st Tuesday of each month from 5:30 – 7:00 p.m.

- **Boulder Community Hospital: 303-319-4232**
  - This Caregiver and Loved Ones Support Group allows you to talk with other caregivers and loved ones who are supporting family and friends in their cancer journey. The group gathers the 2nd and 4th Monday of every month from 5:45 p.m. – 7:00 p.m. Please call to register.
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- **Swedish Medical Center: 303-788-2627**
  - This Caregiver Support Group allows you to talk with other caregivers and loved ones who are supporting family and friends in their cancer journey. Please join us on the 4th Monday of every month from 12:00 – 1:00 p.m. Please call to register.

- **Seniors Inc: 303-300-6900**
  - Seniors Inc provides assistance to in-home caregivers of people aged 55 and older. The care providers can assist with light housekeeping as well as companionship, conversation, reading, taking walks, and meal preparation.

**Books available in the University of Colorado Cancer Hospital Resource Center**

*Crossing Divides: A Couple's Story of Cancer, Hope, and Hiking Montana's Continental Divide* by Scott Bischke and Katie Gibson  
*What Helped Get Me Through: Cancer Patients Share Wisdom and Hope* by the American Cancer Society  
*Caring for the Patient with Cancer at Home* (English) by the American Cancer Society

**Additional resources**

When Someone You Love is Being Treated for Cancer  

The American Cancer Society offers the following materials which may be ordered free of charge from 800-227-2345:

*Caregiving: Caring for a Loved One with Cancer -- and Yourself*  
*Caring for the Patient with Cancer at Home* (also available in Spanish)  
*After Diagnosis: A Guide for Patients and Families* (also available in Spanish)  
*A Message of Hope: Coping with Cancer in Everyday Life* (also available in Spanish)  
*Listen with your Heart* (also available in Spanish)

**Books**

The following books are also available from the American Cancer Society. Call 1-800-227-2345 to ask about costs or to place an order:

*Cancer in the Family*  
*Caregiving: A Step-by-Step Resource for Caring for the Person With Cancer at Home*  
*Couple Confronting Cancer: Keeping Your Relationship Strong*