

Caring for Someone with Lung Cancer

Caring for Someone with Lung Cancer

This booklet has been written to help you as a carer understand what is involved in caring for someone with lung cancer. It has been prepared and checked by cancer specialists, nurses and patients.

You might find it useful to list below any contact names and information you may need.

Specialist nurse	Tel:
Family doctor (GP)	Tel:
Respiratory physician	Tel:
Surgeon	Tel:
Medical oncologist	Tel:
Medical social worker	Tel:
Homecare team	Tel:
Emergency number	Tel:

If you like, you can also add:

Your name _____

Address _____

This booklet has been produced by the Irish Cancer Society to meet the need for improved communication, information and support for cancer patients and their families throughout diagnosis and treatment.

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Introduction

Lung cancer is the fourth most common type of cancer in Irish men and women. Sadly, more Irish people die from lung cancer every year than all together from breast, prostate and bowel cancers.

Being diagnosed with lung cancer can be a very frightening experience for both the patient and their loved ones. If you are a carer for someone diagnosed with lung cancer, this booklet is for you.

If you have concerns or questions about lung cancer or how you might support and care for a family member or loved one, you can speak to a specialist cancer nurse on the National Cancer Helpline 1800 200 700. The freefone helpline is open Monday–Thursday, 9am–7pm and Friday 9am–5pm. You can also visit a Daffodil Centre if one is located at your hospital. See page 24 for more details.



What does a carer do?

When someone is diagnosed with lung cancer, life changes for them, their family and their friends. Life also changes for you, the carer.

A carer is an unpaid person who helps the patient with lung cancer. A carer could be a family member, partner, friend or neighbour.

Nowadays patients spend less time in hospital and more time at home. So carers are important members of the medical or healthcare team. Often, the carer knows most about the patient. For example, the time they wake, how long they sleep, when they start to feel uncomfortable, how much they eat or drink, when they are most likely to be tired, and so much more.

Your role as a carer will constantly change, depending on your loved one's needs. Caring includes:

- Medical care
- Practical care
- Emotional care



How does it feel to be a carer?

Some people get a lot of satisfaction from helping their loved one when they are sick. Becoming a carer often draws people together. You may even find that you become closer to your loved one during their illness.

But becoming a carer can also be very overwhelming. It is common to wonder 'why me' and feel trapped if you are suddenly in a caring role. You may also feel unprepared and unable to give the care that is needed. Do not worry about this, as there are people to help you. This booklet will give you useful tips on being a carer and let you know who to ask for help, if needed.

Every relationship is different and sometimes there are strains. When a loved one becomes sick, do try and put past differences aside and focus on the present problem. Working together might even help to heal old wounds.



Working together as a team

Often patients have several people who can act as carers. Some carers are live-in carers, others are part-time or even long-distance carers. It is a good idea to meet as a group and discuss who can give care from the start. Remember your loved one will know what care they need and want, so do not forget to include them in the meeting.

As a carer, it is important to realise your limits from the start. Speak with your loved one and other family members and friends and try to share out the caring responsibilities fairly. Some carers may have less time to offer. For example, if they have a full-time job or young children.

Be kind to each other and try to remain flexible and help each other out. Remember it is normal for everyone to give care in their own way. The important thing is that you are all there because you care about your loved one.



Giving medical care

Many carers are involved in the medical care of a family member or loved one. Medical care can include:

- Giving nursing care
- Managing and giving medications
- Managing side-effects
- Accompanying your family member or loved one to their appointments
- Reporting problems to the medical team

Here are some tips on giving medical care.

Educate yourself

It is a good idea to learn about lung cancer and become familiar with the medical terms that the doctors and nurses use. Our *Understanding Cancer of the Lung* booklet is full of information about lung cancer. It is written especially for lung cancer patients and their loved ones. For a free copy, call the National Cancer Helpline on 1800 200 700 or visit a Daffodil Centre. You can also read the lung cancer information on our website www.cancer.ie

Write out questions

Once you have read the *Understanding Cancer of the Lung* booklet, write out any questions you might have. Discuss these questions with your loved one and other carers. If you would like to speak to a specialist cancer nurse in confidence, call the National Cancer Helpline 1800 200 700 or visit a Daffodil Centre. It is best to sit down with your loved one and write out any questions they have before each appointment.

Attend appointments

Appointments can be an anxious time and often involve results of tests and treatment decisions. For this reason, do attend appointments



with your family member or loved one. Bring a notebook so that you can ask your questions and take note of the answers. This will be useful when telling the rest of the family or friends later.

The Irish Cancer Society has also produced a special notebook called the *Journey Journal* for cancer patients. For a copy, call the National Cancer Helpline on 1800 200 700 or visit a Daffodil Centre.

Ask for advice

Ask the hospital doctors and nurses for advice on how to care for your loved one. If they need wound dressings, injections or other medical care, the nurses can advise you on what to do or where to go. If you feel comfortable, the nurses will teach you how to give medical care. If not, they will advise you about what services are available in the community. For example, the GP or public health nurse.

Find out who's who

Do keep a record of important names and phone numbers. Ask the nurses to give you telephone numbers to call if you need to ask a question in between appointments. Remember to take note of who to call if your loved one becomes unwell at home.

Managing symptoms and side-effects

If your loved one is having a symptom or side-effect of their treatment, speak to the nurses and doctors in the hospital. You can also speak to a specialist cancer nurse on the National Cancer Helpline 1800 200 700 or visit a Daffodil Centre. We have several booklets about cancer symptoms, treatments and side-effects, which you might find useful.

For a free copy of any of the following booklets and factsheets, call the helpline. You can also read this information on www.cancer.ie

- *Breathlessness and Cancer*
- *Cancer Pain*
- *Coping with Fatigue*
- *Diet and Cancer*
- *Understanding Chemotherapy*
- *Understanding Radiotherapy*



Nursing care

As a carer, you may have to give some nursing care to your loved one. For example, if they are very breathless, they might need help washing and dressing. It is important to ask your family member or loved one when they need help, as they know best.

You can also hire a nurse or carer to give care in your loved one's home. For more information on nursing agencies, contact the National Cancer Helpline on 1800 200 700 or visit a Daffodil Centre.

Palliative care

The palliative care team are specialists in managing symptoms and helping patients to have a good quality of life. Many people are frightened when they hear the word 'palliative'. This is natural. But remember these doctors and nurses are experts in helping patients and their loved ones cope with the emotional and physical effects of lung cancer.

Palliative care is care given to patients when a cure is no longer possible. Sadly, many lung cancer patients cannot be cured. The aim of their treatment then is to slow down their disease and control their symptoms.

Palliative care does not mean that your loved one will not receive treatment. The palliative care team normally work alongside the oncology team to help manage symptoms. If you are concerned about the symptoms your loved one is experiencing, ask your doctors and nurses to refer them to palliative care.

Home care

Palliative care is also available in the community. In this case, it is given by the homecare team. This is a team of nurses and doctors who can call to a patient at home and check their symptoms. For example, the homecare team can control your loved one's pain and make changes to their pain medicine if needed.

The homecare team works closely with the GP and can be a useful support for your loved one and his or her carers. The palliative care team in the hospital can also refer your loved one to the homecare team.



Giving practical care

Carers often give practical care to patients. Practical care can include doing household chores, preparing meals and providing transport. Sometimes these roles can be overwhelming when you have other responsibilities. For example, housework in your own home, looking after your children or going to work. Speak with the other carers and try to share out the practical jobs fairly.

Try to keep your life as normal as possible by prioritising what needs to be done. Here are some tips on giving practical care, such as household chores, preparing meals, and helping with transport and finances.

Household chores

Try to prioritise what needs to be done and share it out fairly among the carers. Ask your family member or loved one what they would like done. Remember it is their home. It might be possible to use the home help service, so do speak to the medical social worker in the hospital or your local Health Service Executive (HSE) office.

Preparing meals

If your loved one is not feeling well, or having side-effects after their treatment, they may not have any appetite. It can then be hard to know what meals to prepare. Speak to the hospital dietitian or call the helpline on 1800 200 700 for a copy of our *Diet and Cancer* booklet, or visit a Daffodil Centre. This booklet gives helpful tips for carers about meals for someone with cancer. Another useful booklet is *101+ Square Meals*, which has nutritious low-budget meal suggestions. See page 33 for more details.

The HSE also runs a Meals on Wheels service. It might be possible for you to use this service. Again, speak to your local HSE office or medical social worker about this service.

Transport

Carers can also help their loved ones with travel to hospital for appointments and other outings. There are also two schemes that your loved one might be eligible for: Care to Drive and Travel2Care.

Care to Drive: Care to Drive is a scheme operated by the Irish Cancer Society. It provides free transport for patients to and from their chemotherapy treatments using volunteer drivers. All of the volunteers are carefully selected, vetted and trained. Your loved one is collected from their home, driven to their appointment and brought back home again. You, as the carer, can attend the appointment as well. See page 26 for details on how to apply.

Travel2Care: If your loved one does not qualify for the Care to Drive scheme, they may be eligible for the Travel2Care scheme instead. This scheme can give limited help with transport costs. It is funded by the National Cancer Control Programme (NCCP) and managed by the Irish Cancer Society. The scheme can help with your travel costs if you have genuine financial hardship due to travelling to a designated cancer centre or approved satellite centre. See page 26 for more details and how to apply.

>>> For more information on transport schemes run by the Irish Cancer Society, see page 26.

Finances

It is a good idea to talk to your loved one about their finances from the start. If you are in contact with a medical social worker, they can advise you on how to apply for suitable payments or supports for your loved one. The Irish Cancer Society has also produced a guide to social welfare benefits and dealing with financial stress that you may find helpful. It is called *Managing the Financial Impact of Cancer: A Guide for Patients and Their Families*.

For more information, visit www.cancer.ie or call the National Cancer Helpline on 1800 200 700 or visit a Daffodil Centre.

You can also call into your local Dept of Social Protection office, speak with an information officer in your local Citizens Information Centre, or meet with the community welfare officer.

Financial aid

In certain cases, families find it hard to cope financially because of a diagnosis of cancer. Your loved one may have special needs because of their illness or due to treatment. A special fund run by the Irish Cancer Society can help you if your family finances cannot cope with the extra expenses. The fund is for patients diagnosed with cancer, who personally cannot meet a specific financial burden due to their cancer diagnosis or treatment. It only applies if you are experiencing specific hardships.

If you feel this fund applies to you, talk to your oncology social worker, palliative care social worker or oncology liaison nurse in the hospital.

Information on managing your finances is also available. Contact the Money Advice and Budgeting Service (MABS) for advice on 0761 07 2000 or visit the website: www.mabs.ie

Carer's entitlements

The Carer's Leave Act 2001 allows employees in Ireland to leave their job temporarily to care for someone who needs full-time care and attention. The shortest period of leave allowed is 13 weeks and the longest is 104 weeks. Carer's leave is unpaid but the law makes sure that your job is kept open for you while on leave.

You may be eligible for Carer's Benefit if you have enough PRSI contributions. If you do not qualify for Carer's Benefit, you may qualify for Carer's Allowance, which is means tested. You can take Carer's Leave even if you do not qualify for either of these payments.



For more information on carers' entitlements, contact the National Cancer Helpline for a copy of our booklet, *Managing the Financial Impact of Cancer: A Guide for Patients and Their Families*.

You can also contact:

Carer's Allowance/Benefit Section

Tel: 043 334 0000 or 1890 927 770

For general enquiries about State benefits and services, contact:

Citizens Information

Tel: 0761 07 4000

Website: www.citizensinformation.ie

Medical equipment

If your loved one needs medical equipment, such as portable oxygen or a wheelchair, speak to the nurses and doctors in the hospital. They will advise you. The following organisations may also be useful.

Medical products and equipment

Assist Ireland

Tel: 0761 07 9200

Website: www.assistireland.ie

Wheelchairs

Irish Wheelchair Association

Tel: 01 818 6400

Website: www.iwa.ie

Breathing equipment

Baywater Healthcare

Tel: 1850 240 202

Website: www.baywater.ie



Giving emotional care

Giving emotional care is probably the most difficult part of being a carer. You may find it hard to know how your loved one is feeling and what you can say to help. For this reason, the Irish Cancer Society produced a booklet called *Lost for Words: How to Talk to Someone with Cancer*. It gives advice and tips to help you support your family member or loved one. For a copy or to talk to a specialist cancer nurse in confidence, call 1800 200 700.

Here are some tips on how to give emotional care:

- Listen to your loved one.
- Everyone deals with cancer in a different way.
- Your loved one will have different feelings at different times.
- Find out about support.
- You know your loved one best.

Listen to your loved one

When talking with your loved one about their illness, it can be very tempting to try and solve their problems. Remember you cannot change the fact that they are sick, but you can help them to come to terms with it by listening. Listening is a simple but very good way to communicate.

Everyone deals with cancer in a different way

You may be surprised at how your loved one reacts to their cancer diagnosis. But it is normal for people to cope with a lung cancer diagnosis in lots of different ways. Sadness, anger, anxiety and denial are all very different but very common reactions. Your job as carer is not to change how your family member or loved one feels but to support them. Listening to them and accepting how they feel are simple ways to show your support.

Different feelings at different times

It is also normal for your loved one to experience different feelings at different times during their illness. This can be hard for you as a carer because you do not know what to expect. There may be certain times when your loved one experiences strong feelings or changes the way they feel. These times include:

- After diagnosis
- While waiting for results
- When treatment is finished
- If the cancer returns after treatment
- If the treatment has not worked

Find out about support

Support is available for lung cancer patients. This includes Survivors Supporting Survivors, cancer support centres, counsellors, booklets and online forums. You can be of help to your loved one by gathering information on what is available in your area. For more information, contact the National Cancer Helpline on 1800 200 700 or visit a Daffodil Centre, where you can speak to a specialist cancer nurse in confidence.

If you are concerned that your loved one is not coping well with their illness, speak to their doctors, nurses or medical social worker. Some hospitals have a psycho-oncology service. This is a team of nurses and doctors who specialise in helping cancer patients who find themselves unable to cope with their illness, despite all their efforts.

You know your loved one best

Think about a difficult time in the past and how you and your loved one coped. Remember you know your loved one best so do not be afraid to talk to them. It is a good support for both of you if you can talk about your feelings together.

Keep life normal

Lung cancer is likely to bring many changes to your loved one's life and that of their carers. But it should not take over. Try to admit these changes but do keep living as normal a life as possible. Do not forget to include your loved one in normal activities like birthday celebrations or other events. Everyone needs something to look forward to, and they too need a break from thinking about lung cancer.

Useful resources

The following booklets are available from the National Cancer Helpline and Daffodil Centres free of charge:

- *Lost for Words: How to Talk to Someone with Cancer*
- *Who Can Ever Understand? Talking about Your Cancer*
- *Understanding the Emotional Effects of Cancer*
- *Talking to Children about Cancer: A Guide for Parents*

A DVD called *Living with Lung Cancer* is also available. It includes interviews with lung cancer patients and their family and friends. It has topics such as 'getting the news', emotional support and positive actions. The DVD is an excellent tool for both patients and their carers. You can also find it on our website www.cancer.ie.

Medical social workers can be of great help to you and your loved one when coping with a cancer diagnosis. The website www.socialworkandcancer.com has useful information, especially about community supports. It also includes tips on holding a family meeting to plan the care of a loved one and has contact details of medical social workers.



Taking care of yourself

Sometimes caring for someone who is sick can be exhausting. You might have other concerns such as a job, taking care of children and day-to-day tasks like housework and preparing meals. It is not unusual for carers to become tired and stressed, so do take care of yourself from the start.

You may not even realise that you are stressed. If you are feeling tired, tearful or angry and finding it hard to cope, it is important to admit it.

Here are some tips on how to look after yourself:

- Get organised.
- Know your limits.
- Look after yourself.
- Stay healthy.
- Take time out.
- Go easy on yourself.
- Get help if you feel overwhelmed.
- Deal with your emotions.
- Find support.

Get organised

Life can suddenly become very busy when a loved one becomes sick. Use a notebook and make lists of what needs to be done. This will help you prioritise what care is needed. The Irish Cancer Society has also produced a useful notebook called the *Journey Journal* to keep track of tests, appointments, treatments, etc. Call the National Cancer Helpline on 1800 200 700 for a copy or visit a Daffodil Centre.

Family meetings are a good idea from the start to make sure everyone is working together. Do not forget to include your loved one and ask them what help they would like.

Know your limits

Remember you cannot do everything on your own and it is okay to ask for help. If you are finding it hard being a carer, tell your other family members, friends and your loved one. Make sure the work of caring is shared out fairly.

Look after yourself

It is important that you get plenty of rest, eat well and take exercise. Do not feel guilty about looking after yourself. By taking care of yourself, you will be better able to care for your loved one. Simple things like going for a 30-minute walk every day will keep you fit and alert. It will also give you a break from your role as carer.

If you feel you are not coping, losing your appetite, not sleeping or not feeling well, talk to your GP.

Stay healthy

It is normal to worry that you too might get cancer. There are some steps that you can take to reduce your risk of cancer:

- If you smoke, plan to quit.
- If you drink alcohol, cut down on the amount you drink.
- Eat a healthy diet.
- Stay at a healthy weight.
- Protect your skin from the sun and avoid sunburn.
- Tell your GP if you notice any changes in your body.

If you would like to speak to someone about quitting smoking, call the National Smokers' Quitline on CallSave 1850 201 203 for advice, support and information.

If you are worried about your risk of cancer, talk to your GP or call the National Cancer Helpline on 1800 200 700 or visit a Daffodil Centre. You can speak to one of our specialist nurses in confidence.

Take time out

Some people find it useful to keep a diary and write down how they are feeling. If you are not comfortable doing this, try to talk to someone. It is important that you have people such as friends and family to support you at times when you are tired and stressed. Try to plan outings and meetings that do not involve discussing your loved one's illness. It is okay to need a break.

Go easy on yourself

This is a very difficult time so remind yourself you are doing the best you can. Being a carer is not easy. Recognise signs of stress and ask for help if you need it. Remember giving care to a loved one when they are sick is making a difference to them in one of the most difficult times of their life. As a carer, there are many different feelings you might experience. These are all normal.

Feeling overwhelmed

Becoming a carer can be a sudden and dramatic change to your life. So it is normal to feel overwhelmed at times. Let other carers, family and friends know your feelings and try to share out the role of caring fairly.

Deal with your emotions

You may experience guilt, anger, sadness and anxiety as a carer.

Guilt: Witnessing a loved one become sick is not easy. You may feel that you are not doing enough. You may even feel guilty that they got sick and not you. Many carers feel like this. Try to talk to someone about how you are feeling and know that you are doing your best. Rather than focusing on these feelings, try to think about positive actions that you can do to help.

Anger: Anger is a very common feeling for both patients and carers. You can be angry for many different reasons, including the fact your loved one has cancer or the way this has changed your life. Anger can affect your ability to think clearly. It helps to talk to someone and find out why you are feeling angry. If you are finding it hard to talk to your family and friends, discuss your feelings of anger with your GP.

Sadness: As well as dealing with new responsibilities, you have to deal with the sad news that someone you love and care for is sick. This is not easy and it is very normal to feel sad. Try to share your feelings with a friend or family member. It is also okay to share these feelings with your loved one, as they will probably be feeling this way too.

Anxiety: Carers can feel anxious for different reasons. You may feel overwhelmed at your new responsibilities or find yourself taking on your loved one's worries. Talk to them and other carers about your concerns.

Find support

Support is available for carers. Your GP, local cancer support centres, counsellors, online forums and the National Cancer Helpline are all there to help.

For more information on how to get support, contact the helpline on 1800 200 700 or visit a Daffodil Centre and talk to a specialist cancer nurse in confidence.

Useful websites

There are many websites that have online forums for patients and carers to chat to each other. An online forum is a type of message board or discussion site on a website. It is a good way to talk to people who are going through the same experience as you and who share your feelings. See page 27 for more useful organisations.

Irish Cancer Society Lung Cancer Forum
www.forum.cancer.ie

Patient and Family Online Support
www.lungcancer.org

Lung Cancer Patient Stories
www.roycastle.org

Macmillan's Online Community
<http://community.macmillan.org.uk/whatsnew/default.aspx>

Cancer Buddies Network
www.cancerbuddiesnetwork.org

Cancer Research UK
<http://cancerchat.cancerresearchuk.org>

American Cancer Society
www.cancer.org





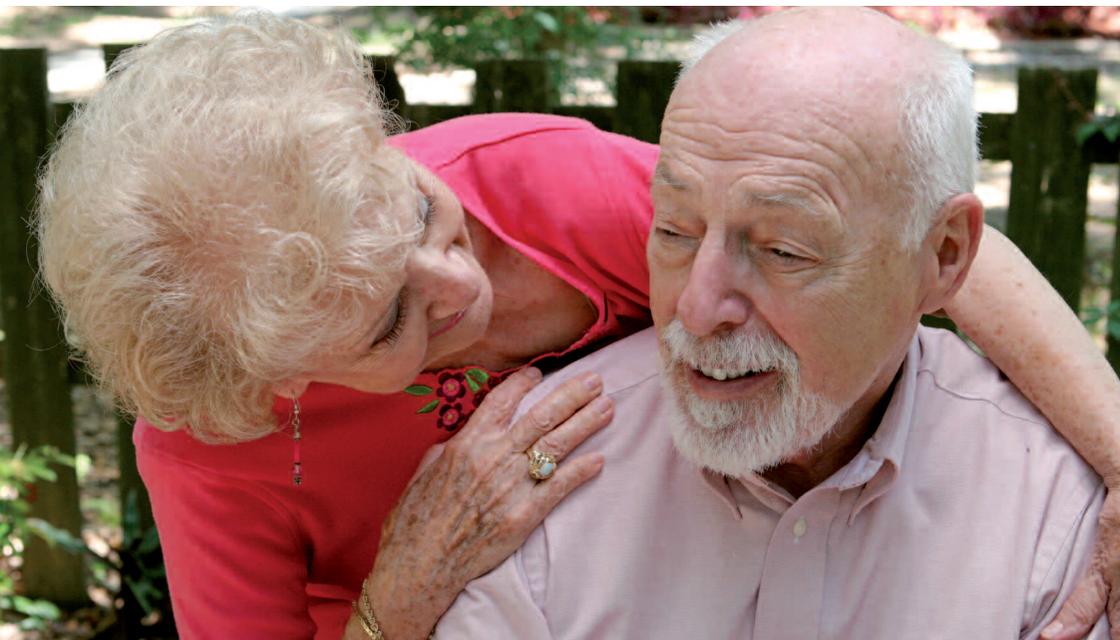
Caring for someone seriously ill at home

If your loved one is seriously ill and wishes to remain at home, you will need a lot of support. It is best if you and all the carers meet with the palliative care team in the hospital as a group. That way you can share out the care to be given. The Irish Cancer Society has produced a booklet called *A Time to Care: Caring for Someone Seriously Ill at Home*, especially for this difficult time. For a free copy, contact the helpline on 1800 200 700 or visit a Daffodil Centre.

Night nursing service

The Irish Cancer Society can provide a night nurse for up to 10 nights if your loved one needs end-of-life care at home. This service is free of charge. It aims to give extra support for the person who is ill and for his or her carers during what can be a difficult and anxious time.

To get in touch with the service, contact your specialist palliative care nurse, public health nurse or your GP, who can then contact the Irish Cancer Society.



Irish Cancer Society services

The Irish Cancer Society funds a range of support services that provide care and support for people with cancer at home and in hospital.

- Cancer Information Service (CIS)
- Daffodil Centres
- Survivors Supporting Survivors
- Counselling
- Night nursing
- Oncology liaison nurses
- Cancer information booklets and factsheets
- Financial support
- Care to Drive transport project

Cancer Information Service (CIS)

The Society provides a Cancer Information Service with a wide range of services. The **National Cancer Helpline 1800 200 700** is a freefone service that gives confidential information, support and guidance to people concerned about cancer. It is staffed by specialist cancer nurses who have access to the most up-to-date facts on cancer-related issues. These include prevention of cancer, risk factors, screening, dealing with a cancer diagnosis, different treatments, counselling and other support services. The helpline can also put you in contact with the various support groups that are available. The helpline is open Monday to Thursday from 9am to 7pm, and every Friday from 9am to 5pm.

- The website **www.cancer.ie** provides information on all aspects of cancer.
- All queries or concerns about cancer can be emailed to the CIS at **helpline@irishcancer.ie**
- **Message Board** is a discussion space on our website to share your stories, ideas and advice with others.
- The **CancerChat** service is a live chatroom with a link to a CIS nurse.
- The **walk-in caller service** allows anyone with concerns about cancer to freely visit the Society to discuss them in private.
- Find us on **Facebook** and follow us on **Twitter** (@IrishCancerSoc).

Daffodil Centres

Daffodil Centres are located in a number of Irish hospitals. They have been set up by the Irish Cancer Society in partnership with each hospital and are an extension of the Cancer Information Service. They are generally found near the main entrance of the hospital and are open during the day. Staffed by a specialist nurse and trained volunteers, they provide a range of information, advice, help and support on all aspects of cancer, free of charge.

Daffodil Centres give you a chance to talk in confidence and be listened to and heard. If you are concerned about cancer, diagnosed with cancer or caring for someone with cancer, you are welcome to visit the centre. Do check to see if there is a Daffodil Centre in your hospital.

Survivors Supporting Survivors

Being diagnosed with cancer can be one of the hardest situations to face in your lifetime. Survivors Supporting Survivors is a one-to-one support programme run by the Irish Cancer Society. It provides emotional and practical support to newly diagnosed patients. It can give information, advice and emotional support from time of diagnosis and for as long as is needed. All the volunteers have had a personal experience of cancer and understand the emotional and physical impacts of the disease. They are carefully selected after recovery and are trained to provide information and reassurance. The service is provided on a one-to-one basis and is confidential. If you would like to make contact with a volunteer, call the National Cancer Helpline on 1800 200 700.

Counselling

Coping with a diagnosis of cancer can be very stressful at times. Sometimes it can be hard to come to terms with your loved one's illness. You might also find it difficult to talk to a close friend or relative. In this case, counselling can give you emotional support in a safe and confidential environment. Call the National Cancer

Helpline on 1800 200 700 to find out about counselling services provided by the Irish Cancer Society and services available in your area.

Night nursing

The Society can provide a night nurse, free of charge, for up to 10 nights if your loved one needs end-of-life care at home. The night nurse can also give practical support and reassurance to you and your loved one. You can find out more about this service from your GP, local public health nurse, a member of the homecare team or the palliative care services at the hospital. Homecare nurses can offer advice on pain control and managing other symptoms.

Oncology liaison nurses

The Society funds some oncology liaison nurses who can give you and your family information and emotional and practical support. Oncology liaison nurses work as part of the hospital team in specialist cancer centres.

Cancer information booklets and factsheets

These booklets provide information on all aspects of cancer and its treatment, while the factsheets deal with very specific topics. The booklets also offer practical advice on learning how to cope with a cancer diagnosis. These booklets and factsheets are available free of charge from the Irish Cancer Society by calling 1800 200 700. They can also be downloaded from www.cancer.ie or picked up at a Daffodil Centre.

Financial support

A diagnosis of cancer can bring with it the added burden of financial worries. In certain circumstances, the Irish Cancer Society can provide limited financial help to patients in great need through schemes such as Travel2Care and Financial Aid.

Travel2Care: Travel2Care is funded by the National Cancer Control Programme (NCCP) and managed by the Irish Cancer Society. The scheme can help with travel costs if a patient has genuine financial hardship due to travelling to a designated cancer centre or approved satellite centre. Travel2Care can help with the costs of public transport, such as trains or buses, private transport costs, or petrol and parking. Patients travelling over 30 km to a Rapid Access Diagnostic Clinic may qualify for the Travel2Care scheme.

If you would like to request this kind of help, contact a healthcare professional in the hospital such as a medical social worker or an oncology nurse. You can also call the Irish Cancer Society at (01) 231 6643 / 231 6619 or email: travel2care@irishcancer.ie

Financial Aid: A special fund has been created to help families in financial hardship when faced with a cancer diagnosis. If this applies to you, contact the medical social work department in the hospital your loved one is attending. You can also speak to the oncology liaison nurse or contact the Irish Cancer Society at (01) 231 6619.

Care to Drive transport project

Care to Drive is a scheme operated by the Irish Cancer Society. It provides free transport for patients to and from their chemotherapy treatments using volunteer drivers. All of the volunteers are carefully selected, vetted and trained. Patients using the Care to Drive service are collected from their home, driven to their appointment and brought back home again. Call (01) 231 0522 for more information.

Useful organisations

Irish Cancer Society

43/45 Northumberland Road
Dublin 4
National Cancer Helpline:
1800 200 700
Tel: 01 231 0500
Email: helpline@irishcancer.ie
Website: www.cancer.ie

Carers Alliance Ireland

Coleraine House
Coleraine Street
Dublin 7
Tel: 01 874 7776
Email: info@carealliance.ie
Website: www.carealliance.ie

The Carers Association

Market Square
Tullamore
Co Offaly
Freefone: 1800 240 724
Tel: 057 932 2920
Email: info@carersireland.com
Website: www.carersireland.com

Caring for Carers Ireland

National Office
2 Carmody Street Business Park
Ennis
Co Clare
Tel: 065 686 6515
Email: support@caringforcarers.org
Website: www.caringforcarers.ie

Citizens Information

Information Helpline: 0761 07 4000
Email:
information@citizensinformation.ie
Website: www.citizensinformation.ie

Department of Health

Tel: 01 635 4000
Website: www.health.gov.ie

Department of Social Protection

Website: www.welfare.ie

Health Service Executive

CallSave: 1850 241 850
Website: www.hse.ie

Irish Oncology and Haematology Social Workers Group

Website: socialworkandcancer.com

Irish Nutrition & Dietetic Institute

Ashgrove House
Kill Avenue
Dún Laoghaire
Co Dublin
Tel: 01 280 4839
Email: info@indi.ie
Website: www.indi.ie

Money Advice and Budgeting Service (MABS)

Commercial House
Westend Commercial Village
Blanchardstown
Dublin 15
Helpline 0761 07 2000
Tel: 01 812 9350
Email: helpline@mabs.ie
Website: www.mabs.ie

Revenue Commissioners

Website: www.revenue.ie

National support services

ARC Cancer Support Centres Dublin

[See page 28]

LARCC Cancer Support Centre

[See page 29]

Connaught support services

Athenry Cancer Care

Social Service Centre
New Line
Athenry
Co Galway
Tel: 091 844 319 / 087 412 8080
Email: athenrycancer@iccare.com
Website: www.athenrycancer@iccare.com

Ballinasloe Cancer Support Centre
Main Street
Ballinasloe
Co Galway
Tel: 090 964 5574
Email: ballinasloecancer@yahoo.co.uk

Cara Iorrais Cancer Support Centre
2 Church Street
Belmullet
Co Mayo
Tel: 097 20590
Email: caraiorrais@gmail.com
Website: www.caraiorrais.com

East Galway Cancer Support Centre
Cluain Mhuire
Brackernagh
Ballinasloe
Co Galway
Tel: 090 964 2088 / 087 984 0304
Email: info@eastgalwaycancersupport.com
Website: www.eastgalwaycancersupport.com

Gort Cancer Support Group
Garrabeg
Gort
Co Galway
Tel: 091 648 606 / 086 172 4500
Email: info@gortcancersupport.ie
Website: www.gortcancersupport.ie

Mayo Cancer Support Association
Rock Rose House
32 St Patrick's Avenue
Castlebar
Co Mayo
Tel: 094 903 8407
Email: info@mayocancer.ie
Website: www.mayocancer.ie

Roscommon Cancer Support Group
Vita House Family Centre
Abbey Street
Roscommon
Tel: 090 662 5898
Email: info@vitahouse.org

Sligo Cancer Support Centre
44 Wine Street
Sligo
Tel: 071 917 0399
Email: scsc@eircom.net
Website: www.sligocancersupportcentre.ie

Tuam Cancer Care Centre
Cricket Court
Dunmore Road
Tuam
Co Galway
Tel: 093 28522
Email: support@tuamcancercare.ie
Website: www.tuamcancercare.ie

Leinster support services

ARC Cancer Support Centre
ARC House
65 Eccles Street
Dublin 7
Tel: 01 830 7333
Email: info@arccancersupport.ie
Website: www.arccancersupport.ie

ARC Cancer Support Centre
ARC House
559 South Circular Road
Dublin 8
Tel: 01 707 8880
Email: info@arccancersupport.ie
Website: www.arccancersupport.ie

Arklow Cancer Support Group
25 Kings Hill
Arklow
Co Wicklow
Tel: 0402 23590
Out-of-hours: 085 110 0066
Email: info@arklowcancersupport.com
Website: www.arklowcancersupport.com

Balbriggan Cancer Support Group
Unit 23, Balbriggan Business Park
Harry Reynolds Road
Balbriggan
Co Dublin
Tel: 841 0116 / 087 353 2872

The Bella Rose Foundation
[Women with cancer]
Merry Maid House
West Park Campus
Garter's Lane
Citywest
Dublin 24
Tel: 087 320 3201
Email: thebellarosefoundation@gmail.com
Website: www.bellarose.ie

Bray Cancer Support & Information Centre
Aubrey Court
Parnell Road
Bray
Co Wicklow
Tel: 01 286 6966
Email: info@braycancersupport.ie
Website: www.braycancersupport.ie

Cara Cancer Support Centre
7 Williamson's Place
Dundalk
Co Louth
Tel: 042 937 4905
Mobile: 087 395 5335
Email: info@ccscdundalk.ie
Website: www.ccscdundalk.ie

Cois Nore: Cancer Support Services Kilkenny
8 Walkin Street
Kilkenny
Tel: 056 775 2222
Email: coisnorekilkenny@gmail.com
Website: www.kilkennycancersupport.ie

Cuisle Centre
Cancer Support Group
Block Road
Portlaoise
Co Laois
Tel: 057 868 1492
Email: cuislecentre@eircom.net
Website: www.cuislecentre.com

Dóchas: Offaly Cancer Support
Teach Dóchas
Offaly Street
Tullamore
Co Offaly
Tel: 057 932 8268
Email: info@dochasoffaly.ie
Website: www.dochasoffaly.ie

Éist Cancer Support Centre Carlow
The Waterfront
Mill Lane
Carlow
Tel: 059 913 9684
Mobile: 085 144 0510
Email: info@eistcarlowcancersupport.ie
Website: www.eistcarlowcancersupport.ie

Gary Kelly Support Centre
George's Street
Drogheda
Co Louth
Tel: 041 980 5100
Email: info@gkcancersupport.com
Website: www.gkcancersupport.com

Greystones Cancer Support
La Touche Place
Greystones
Co Wicklow
Tel: 01 287 1601
Email: info@greystonescancersupport.com
Website: www.greystonescancersupport.com

HOPE Cancer Support Centre
22 Upper Weafer Street
Enniscorthy
Co Wexford
Tel: 053 923 8555
Email: mary@hopesupportcentre.ie
Website: www.hopesupportcentre.ie

LARCC Cancer Centre
Coole Road
Multyfarnham
Co Westmeath
Tel: 044 937 1971
CallSave: 1850 719 719
Email: info@larcc.ie
Website: www.larcc.ie

Newbridge Cancer Support Group
Tel: 083 360 9898
Email:
newbridgecancerhealinghelp@gmail.com

Rathdrum Cancer Support Centre
St Anne's
Lower Street
Rathdrum
Co Wicklow
Tel: 0404 43803
Email: rathcan@gmail.com

Tallaght Cancer Support Group
Trustus House
1-2 Main Street
Tallaght
Dublin 24
Tel: 086 400 2736
Email: ctallaght@yahoo.ie
Website: www.tallaghtcancersupport.com

Wicklow Cancer Support Centre
1 Morton's Lane
Wicklow
Tel: 0404 32696
Email: wicklowcancersupport@gmail.com

Munster support services

Cancer Information & Support Centre
Mid-Western Regional Hospital
Dooradoyle
Co Limerick
Tel: 061 485 163
Website: www.midwesterncancercentre.ie

CARE Cancer Support Centre
14 Wellington Street
Clonmel
Co Tipperary
Tel: 052 618 2667
Email: caresupport@eircom.net
Website: www.cancercare.ie

Cork ARC Cancer Support House
Cliffdale
5 O'Donovan Rossa Road
Cork
Tel: 021 427 6688
Email: info@corkcancersupport.ie
Website: www.corkcancersupport.ie

Kerry Cancer Support Group
124 Tralee Town House Apartments
Maine Street
Tralee
Co Kerry
Tel: 066 719 5560 / 087 230 8734
Email:
kerrycancersupportgroup@eircom.net
Website: www.kerrycancersupport.com

Recovery Haven
5 Haig's Terrace
Tralee
Co Kerry
Tel: 066 719 2122
Email: recoveryhaven@gmail.com
Website: www.recoveryhavenkerry.com

Sláinte an Chláir: Clare Cancer Support
Tír Mhuire
Kilnamona
Ennis
Co Clare
Tel: 1850 211 630 / 087 691 2396
Email: admin@clarecancersupport.com
Website: www.clarecancersupport.com

South Eastern Cancer Foundation
Solas Centre
Williamstown
Waterford
Tel: 051 304 604
Email: info@solascentre.ie
Website: www.solascentre.ie

Suaimhneas Cancer Support Centre
2 Clonaslee
Gortland Road
Nenagh
Co Tipperary
Tel: 067 37403
Email:
suaimhneascancersupport@eircom.net

Suir Haven Cancer Support Centre
Clongour Road
Thurles
Co Tipperary
Tel: 0504 21197
Email: suirhaven@gmail.com

Youghal Cancer Support Group
161 North Main Street
Youghal
Co Cork
Tel: 024 92353
Email:
youghalcancersupportgroup@hotmail.com

Ulster support services

Cancer Support and Social Club
Tiernaleague
Carndonagh
Co Donegal
Tel: 086 602 8993 / 087 763 4596

Coiste Scaoil Saor ó Ailse
c/o Freddie O'Donnell
Knockastoller
Bunbeg PO
Letterkenny
Co Donegal
Tel: 083 121 7857
Email: saoroilse1@aol.com
Website: www.scaoilsaor.ie

Crocus: Monaghan Cancer Support Centre
The Wellness Centre
19 The Grange
Plantation Walk
Monaghan
Tel: 047 62565 / 087 368 0965
Email: crocus.2011@yahoo.com

Cuan Cancer Social Support and Wellness Group
2nd Floor, Cootehill Credit Union
22-24 Market Street
Cootehill
Co Cavan
Tel: 086 455 6632

The Forge Cancer Support Service
The Forge Family Resource Centre
Pettigo
Co Donegal
Tel: 071 986 1924
Email: theforgefrcc@eircom.net

Living Beyond Cancer
Oncology Day Services
Letterkenny General Hospital
Letterkenny
Co Donegal
Tel: 074 912 5888 (Bleep 674/734) /
074 910 4477
Email: noreen.rodgers@hse.ie

Other support groups and centres

Cancer Care West
72 Seamus Quirke Road
Galway
Tel: 091 545 000
Email: info@cancercarewest.ie
Website: www.cancercarewest.ie

Cúnamh: Bons Secours Cancer Support Group
Bon Secours Hospital
College Road
Cork
Tel: 021 480 1676
Website: www.cunamh.ie

Dundalk Cancer Support Group
Philipstown
Hackballscross
Dundalk
Co Louth
Tel: 086 107 4257
Email:
doloresconroy@googlemail.com

Killybegs Cancer Support Group
Kille
Kilcar
Co Donegal
Tel: 074 973 1292
Email: riverbankdunne@eircom.net

Solace: Donegal Cancer Support Centre
St Joseph's Avenue
Donegal Town
Tel: 074 974 0837
Email: solacedonegal@eircom.net

For other support groups or centres in your area, call 1800 200 700.

Useful contacts outside Republic of Ireland

Action Cancer

Action Cancer House
1 Marlborough Park
Belfast BT9 6XS
Tel: 028 9080 3344
Email: info@actioncancer.org
Website: www.actioncancer.org

American Lung Association

Website: www.lungusa.org

Cancer Buddies Network

www.cancerbuddiesnetwork.org

Cancer Focus Northern Ireland

40-44 Eglantine Avenue
Belfast BT9 6DX
Tel: 028 9066 3281
Email: hello@cancerfocusni.org
Website: www.cancerfocusni.org

Cancer Research UK

Tel: 0044 20 7242 0200
Website: www.cancerhelp.org.uk

Global Lung Cancer Coalition

Website: www.lungcancercoalition.org

Lung Cancer Online Foundation (US)

Website: www.lungcanceronline.org

Lung Cancer: We Are Listening

Website: www.wearelistening.info

Healthtalkonline

www.healthtalkonline.org

Macmillan Cancer Support (UK)

Tel: 0044 20 7840 7840
Email: cancerline@macmillan.org.uk
Website: www.macmillan.org.uk

Macmillan Support & Information Centre

Belfast City Hospital Trust
77-81 Lisburn Road
Belfast BT9 7AB
Tel: 028 9069 9202
Email:
cancerinfo@belfasttrust.hscni.net

National Cancer Institute (US)

Website: www.nci.nih.gov

Helpful books

Free booklets from Irish Cancer Society:

- *Understanding Cancer of the Lung*
- *Understanding Chemotherapy*
- *Understanding Radiotherapy*
- *Diet and Cancer: A Guide for Patients with Cancer*
- *Understanding Cancer and Complementary Therapies*
- *Coping with Fatigue*
- *Understanding the Emotional Effects of Cancer*
- *Lost for Words: How to Talk to Someone with Cancer*
- *Who Can Ever Understand? Taking about Your Cancer*
- *Talking to Children about Cancer: A Guide for Parents*
- *A Time to Care: Caring for Someone Seriously Ill at Home*
- *Managing the Financial Impact of Cancer: A Guide for Patients and Their Families*
- *Journey Journal: Keeping Track of Your Cancer Treatment*

Free factsheets/DVDs:

- *Breathlessness and Cancer*
- *Cancer Pain*
- *Living with Lung Cancer: A Guide to Help You through the Journey Ahead (DVD)*

Lung Cancer: A Guide to Diagnosis and Treatment

Walter J Scott
Addicus Books, 2nd edn, 2012
ISBN: 978-1886039094

Lung Cancer: The Facts

Stephen Falk & Chris Williams
Oxford University Press, 3rd edn, 2009
ISBN 978-0199569335

101+ Square Meals

[Budget and nutrition]
Norah Bourke et al.
HSE West, 2008
ISBN 187407514X
[For more details
see www.mabs.ie]



>>> Notes

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Would you like more information?

We hope this booklet has been of help to you. After reading it or at any time in the future, if you would like more information or someone to talk to, please call the National Cancer Helpline on 1800 200 700.

Would you like to be a reviewer?



If you have any suggestions as to how this booklet could be improved, we would be delighted to hear from you. The views of patients, relatives, carers and friends are all welcome. Your comments would help us greatly in the preparation of future information booklets for people with cancer and their carers.

If you wish to email your comments, have an idea for a new booklet or would like to review any of our booklets, please contact us at **reviewers@irishcancer.ie**

If you would prefer to phone or write to us, see contact details below.

Would you like to help us?

The Irish Cancer Society relies entirely on voluntary contributions from the public to fund its programmes of patient care, education and research. This includes patient information booklets. If you would like to support our work in any way – perhaps by making a donation or by organising a local fundraising event – please contact us at CallSave 1850 60 60 60 or email: **fundraising@irishcancer.ie**

Irish Cancer Society, 43/45 Northumberland Road, Dublin 4

Tel: 01 231 0500 **Email:** info@irishcancer.ie **Website:** www.cancer.ie

Irish Cancer Society

43/45 Northumberland Road, Dublin 4

T: 01 231 0500

E: info@irishcancer.ie

W: www.cancer.ie

National Cancer Helpline Freefone 1800 200 700

Open Monday to Thursday 9am to 7pm

Friday 9am to 5pm

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