The purpose of this guide is to help you find information and support. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of the materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center, Level B2.

**Brochures and Fact Sheets**

- Be the Match by National Marrow Donor Program (NMDP)
  - **Living Now: A Guide to Life after Transplant – Special Issue: For Caregivers**
    - Available online at: [http://goo.gl/KJR6bN](http://goo.gl/KJR6bN)
  - **Preparing to be a Primary BMT Caregiver**
    - Available online at: [http://goo.gl/vbZFrp](http://goo.gl/vbZFrp)

- National Bone Marrow Transplant Link (nbmtLINK)
  - **Caregivers’ Guide for Bone Marrow/Stem Cell Transplant, Practical Perspectives**
    - Printable version available at: [http://nbmtlink.org](http://nbmtlink.org)
    - Click “Resources and Support” on the left side of the page
    - Select the above title from the list

**Books**


**Audiovisual Resources**

- Blood & Marrow Transplant Information Network (BMTinfonet.org)
  - **For Better and For Worse: The Challenges and Triumphs of BMT Family-Caregivers**
    - Provides insight to the unique challenges facing spouses and family members when caring for an adult transplant survivor.
    - Available online at: [http://goo.gl/b94YGH](http://goo.gl/b94YGH)
Web Resources

- Be the Match by the National Marrow Donor Program (NMDP): Caregivers & Transplant
  http://bethematch.org/For-Patients-and-Families/Caregivers-and-transplant
- Blood & Marrow Transplant Information Network (BMTinfonet)
  - Caring for Transplant Patients
    http://bmtinfonet.org/before/caregivers
  - Caring for Transplant Survivors
    http://bmtinfonet.org/after/caregivers
- Cancer Support Community: Tips for Caregivers
  http://goo.gl/UtPMPo

Programs for Caregivers

- Be the Match by National Marrow Donor Program (NMDP)
  Caregiver’s Companion Program*
  Combines a caregiver toolkit with weekly calls from a trained caregiver coach.
  Enroll at:
  http://goo.gl/CcU4Nh
  Parents’ Companion Program also available
  One-on-One Support
  Speak with a Patient Services Coordinator who answers questions, shares resources, and provides support by calling 1-888-999-6743 or emailing patientinfo@nmdp.org
- Blood & Marrow Transplant Information Network (BMTinfonet)
  Caring Connections Program
  Connects caregivers to volunteers who have helped a patient through transplant.
  Enroll at: http://bmtinfonet.org/services/support
- National Bone Marrow Transplant Link (nmbtLINK)
  Peer Support On Call Program
  Emotional support through one-on-one conversations with trained peer support volunteers. To learn more, please contact nmbtLINK by calling 800-546-5268 or emailing info@nmbtlink.org

University of Michigan Resources

- Hematology/Oncology & Bone Marrow Transplant Support Groups
  Groups meet in the Patient and Family Lounge on 7West at C.S. Mott/Women’s Von Voigtlander Hospital
  - Patient and Family Support Group meets every Wednesday from 1:30 - 2:30 p.m.
  - Caregiver Only Support Group meets every Thursday from 1:30 – 2:30 p.m.
- Comprehensive Cancer Center Caregivers and Family Information http://mcancer.org/living-with-cancer/caregivers-and-family

Support Communities

- BMT-Support http://bmtsupport.org
  Hosted chat room Tuesday, Thursday, and Saturday nights from 8:30 p.m. to 10:30 p.m. EST for patients, family, and caregivers.
- Bone Marrow Transplant Online Community http://acor.org/listservs/join/14
  Unmoderated discussion list for patients, family, and friends.
- CancerCare: Caregivers and Loved Ones Support Group
  This is a free 12-week telephone support group for caregivers. Oncology social workers are also available to provide counseling services via telephone. Call 800-813-4673 or email info@cancercare.org for more information.

Help Managing Patient Care

- CaringBridge http://caringbridge.org
  Create a personalized website to share updates and coordinate everyday help.
- General Information on Caregiver Stress helpguide.org
  Create a personalized care community to post requests for support, receive care reminders, and help coordinate logistics between a team of caregivers.
- MyMedSchedule http://mymedschedule.com
  Free web-based medication scheduler and reminders. App available for Apple iOS and Android devices.