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 these materials are available to purchase through online resources, or to borrow at your public library.

**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
  - Preparing to be a Primary BMT Caregiver
- **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**

- **Blood & Marrow Transplant Information Network (BMTinfonet)**
  - Caring for Transplant Patients
    [https://bmtinfonet.org/transplant-article/role-family-caregiver](https://bmtinfonet.org/transplant-article/role-family-caregiver)
  - Caring for Transplant Survivors
    [https://bmtinfonet.org/transplant-article/life-after-transplant](https://bmtinfonet.org/transplant-article/life-after-transplant)

- **Cancer Support Community: Tips for Caregivers**
  [https://www.cancersupportcommunity.org/caregivers](https://www.cancersupportcommunity.org/caregivers)

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](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](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@nbmtlink.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.

Support Communities

  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](http://caringbridge.org)
  Create a personalized website to share updates and coordinate everyday help.
- General Information on Caregiver Stress [helpguide.org](http://helpguide.org/articles/stress/caregiving-stress-and-burnout.htm)
- Lotsa Helping Hands [http://lotsahelpinghands.com](http://lotsahelpinghands.com) and
  Create a personalized care community to post requests for support, receive care reminders, and help coordinate logistics between a team of caregivers.
  Free web-based medication scheduler and reminders. App available for Apple iOS and Android devices.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Document #1697/Compiled by Amy Hyde, MILS, Patient Education Resource Center Librarian and Kathryn Fox, LMSW, Clinical Social Worker Adult BMT and Leukemia Clinic.

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