

# Checklist:

## Cancer Recovery

These 10 tips will help you face the cancer recovery process head on and promote a better quality of life for your parent.

### 1. Keep contact numbers in a prominent place

Include your parent's primary care doctor, specialists, therapists and caregivers.

### 2. Examine the diagnosis

Talk to the medical team about the diagnosis and learn everything you can about the disease.

### 3. Understand the treatment plan

Find out if there will be more than one treatment, the expected timeline and possible results.

### 4. Address treatment side effects

Watch for side effects including loss of appetite, diarrhea, upset stomach, insomnia, fatigue or pain, and alert the medical team if any arise.

### 5. Prepare for rehabilitation

Be clear about rehab goals and make sure your parent knows that completing rehab can lead to faster, more effective recovery.

### 6. Stay connected with your parent

Coping with cancer might strain your relationship, so communicate regularly and honestly.

### 7. Form a cancer care team

Assemble family, friends and neighbors to keep your parent company and help care for their home or pets.

### 8. Check in with your parent's doctor

Get regular progress reports on the treatment plan and path to recovery.

### 9. Beware of caregiver burnout

Pay attention to the way you feel, take care of yourself and don't be afraid to get help.

### 10. Explore extra assistance

If living at home becomes challenging for your parent, reach out for professional help, and consider the social, physical and mental benefits of living at a senior living community.