



**Carers Support West Sussex**  
for family and friend carers

Supporting family  
and friend carers  
of people with a  
cancer diagnosis



We noticed that:

- They ride the roller coaster along with the person they care for.
- They are less likely to identify themselves as carers until things stop going to plan.
- They often hide their feelings from the person they care for.
- They need a safe space to off load.
- They often prefer for that to be away from the hospital setting.
- They need to have any fears about the future heard and acknowledged.



- **Be Aware:** Who is supporting this cancer patient? *Think carer.*
- **Be proactive:** How can they engage with the support they need to do this? *Refer to Carers Support.*
- **Be prepared:** What will happen if this patient is too ill to communicate with Primary Care staff? *Get consent.*

What can you do in the Primary Care setting?

## CSWS Services

Response Line

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Hospital Team

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Counselling

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Phone Surgeries

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Signposting

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Carer Wellbeing Grant

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Carers Health Team

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Carers Equipment Service

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Carer Emergency/Discount Card

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Contingency planning

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Listen – hold the space for them.

Stick with them – until they tell us they no longer require our support.

What we can do