

References

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CALM for Caregivers: An Illustrated Workbook for Caregivers of Patients with Advanced Cancer was created by The Managing Cancer and Living Meaningfully (CALM) team at Princess Margaret Caregiver Clinic from the Department of Supportive Care.

This self-guided reflection workbook is designed to support caregivers of patients with advanced cancer. Inside you'll find information on cancer, symptom management, tips on communicating with healthcare providers, maintaining relationships, reflecting on life, advice on taking care of your mental and physical wellbeing, and thinking for the future ahead.

Each domain is fully illustrated and can act as a standalone to best suit your needs, featuring graphic narrative-based caregiver stories, questionnaires and reflective worksheets.