

[Becoming a Caregiver for Cancer]

Introduction: Becoming a Caregiver for Cancer

This is a brief video that can be used at the beginning of an ILT or VILT group for caregivers.

Learning Objectives:

Identify places for caregivers to get information and resources.

Summarize at least two ways to take time for yourself as a caregiver.

Outline:

Brief Vyond video for caregivers to give an introduction for caring for a loved one with cancer. May be used with a ILT or VILT support group meeting for caregivers.

Characters:

Doctor

Narrator

Patient Kim

Child

Caregiver Rob

2 friends

Color Palette:



[Becoming a Caregiver for Cancer]

1. [Hospital]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
View of hospital	Narrator: Receiving a cancer diagnosis is never easy. It will require a change in lifestyle for a period of time that can range from short term to long term. The diagnosis will be especially hard on your loved one, but you as the caregiver will be heavily impacted as well.	Camera zooms to hospital Soft music plays in background	

2. [Doctor Office]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Doctor office with doctor, patient and caregiver looking serious and doctor explaining information.	Narrator: As the caregiver, there is a great burden that falls on you. You and your loved one will be experiencing a range of emotions as you navigate this new change. Take time to ask questions and search for available resources.	doctor, patient, caregiver looking serious Soft music plays in background	

3. [Cancer Support Group]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments

[Becoming a Caregiver for Cancer]

Group meeting room with presenter, caregiver and others seated and listening	Narrator: It is important to not only be there for your loved one, but also to take steps to take care of yourself. One available resource is to attend a caregiver orientation or support group.	Caregiver in group, listening to presenter going over tips to help Soft music plays in background	
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4. [Trainer Slide]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Slide with Narrator and Text	Narrator: With the group, you can find helpful ideas from others in a similar situation. Your presenter will also have ideas for resources and help you build a network of support for yourself as you assist your loved one during this difficult time.	Caregiver in group, listening to presenter going over tips to help Shapes and text fade in with VO Soft music plays in background	

5. [Bedroom]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Home with patient lying down and caregiver entering room with meal	Narrator: While at home, take note of the best way to care for your loved one. They may have good days and bad days.	Patient lying down smiles at the caregiver entering the room. Caregiver brings food near bed Soft music plays in background	

[Becoming a Caregiver for Cancer]

	Do what you can to help them get the rest they need.		
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6. [Caregiver Care]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Images of samples of caregiver following advice, then cut to caregiver going out for a jog	Narrator: It is important to take time for your physical and mental health. Be sure you maintain a healthy diet for yourself, find time to exercise or participate in a hobby or leisure activity.	Shapes for sections and text fade in with VO Caregiver completing activities to take care of themselves Soft music plays in background	

7. [Small Child Needs]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Patient sitting on couch, caregiver reading with small child nearby	If you have a young child at home, it is important to ensure their needs are being met as well. Balancing your time and finding a schedule that works for you and your family will be essential for everyone in the household.	Patient looks over at caregiver and child reading and smiles Soft music plays in background	

[Becoming a Caregiver for Cancer]

8. [Working]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Caregiver in office setting	You likely will still need to work during this challenging time. Give yourself time and use any time during your commute or lunch to unplug for your mental health. Reading, listening to music or podcasts, or calling family or friends are a great way to take some time for yourself each day.	Caregiver is on phone, typing on computer, filling out reports Soft music plays in background	

9. [Friend Support]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Family/friends visiting patient/caregiver	Be sure to ask family and friends for support. This could mean bringing items or food or just spending quality time together.	Characters interacting and socializing Soft music plays in background	

10. [Doctor Follow-Up]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Doctor, patient, caregiver in office	Your role as a caregiver is no easy undertaking. Always seek support for yourself if you find any days more	Patient talking to doctor, smiling Soft music plays in background	

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	challenging than others and know it is okay to not be perfect. For more information or resources, please call us at 1-800-Company X or visit us at w w w dot company x dot com .		
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