

# GRAFT-VERSUS-HOST DISEASE

## CAREGIVER SUPPORT TOOL

Being the care-partner for a loved one with GVHD is an important part of a GVHD patient's journey. As a caregiver – taking care of yourself is just as important.

### TIPS FOR CAREGIVERS

01



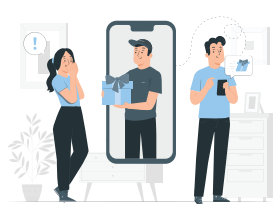
Seek support from other helpers, **communication is key**

02



**Take care of your own** health to keep strong mentally and physically

03



**Accept offers of help** and be specific when asking others for help

04



**Learn how to communicate** with doctors, speak up and advocate for yourself and the **GVHD** patient

08



**Seek help** when it is needed to support your emotional and mental journey as a caregiver

07



**Watch out for signs of depression;** sometimes **GVHD** can affect relationships, keep communicating

06



**Plan in advance** when possible; but also be flexible, to accept changes along the journey

05



**Take breaks,** caregiving is a tough job

09



**Give yourself** credit for doing the best you can

10



**Show yourself** compassion as you would a friend

**GVHD** Alliance

 [www.gvhdalliance.org](http://www.gvhdalliance.org)

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