

Media Release

Brain Tumour Foundation of Canada Launches New Handbook Aimed at Caregiver Wellness

'Brain Tumour Caregiver Handbook' Offers Real Advice, Personal Experiences

London, ON – December, 2019 –

You are not alone.

Those four little words are as important for the estimated 55,000 Canadians living with a brain tumour as it is for the loved ones who care for them.

Brain Tumour Foundation of Canada is proud to announce the release of its *Brain Tumour Caregiver Handbook* - an invaluable source of information, and advice for those who provide care to loved ones affected by brain tumours. Following a loved one's diagnosis, caregivers, too, are flooded with questions, concerns, and thoughts that are completely new, and overwhelming.

The *Brain Tumour Caregiver Handbook* provides first-hand accounts from parents, spouses, children, and other caregivers, who not only share what to expect following their loved ones' brain tumour diagnoses, but also their strategies for managing such a life-altering role.

"I wish that we had a guide as comprehensive as this when my husband was diagnosed with a glioblastoma," says Janet, one of many caregivers featured in the handbook. "It will help so many people, who are feeling scared, to know they are not alone, and that help is within reach."

In 2017, Brain Tumour Foundation of Canada launched a nation-wide survey of caregivers, with more than 150 responses coming in from across the country. Those responses helped shape the topics, themes and chapters of the new guide. Among the pieces of advice:

Be accepting of the changes your loved one will go through.

Seek help for yourself when you need it.

Most of all, remember – you are not alone.

"Taking on the role of caregiver requires so much strength, love, and sacrifice," says Susan Marshall, CEO Brain Tumour Foundation of Canada. "When caregivers give so much of themselves every single day, their own needs often go unaddressed. The *Brain Tumour Caregiver Handbook* is a great tool for helping them manage the demands of caregiving, as well as their own physical and mental health."

The handbook is available in both English and French, and digital copies are being launched December 5, 2019, with the print version coming in January of 2020.

To download a PDF copy, visit www.BrainTumour.ca/caregivers and click on our Care & Support section. Physical copies can be ordered online through www.BrainTumour.ca, or by calling 1-800-265-5106.

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About Brain Tumour Foundation of Canada: Brain Tumour Foundation of Canada is the only national charity offering information and support to patients affected by any kind of brain tumour – be it cancerous, non-malignant or metastases. The organization funds ground-breaking research across North America and, since 1982, has dedicated over \$7.2 million to finding a cure and improving treatment for brain tumour survivors. Brain Tumour Foundation of Canada is funded solely through generous contributions from individuals, corporations, organizations, employee groups and special events. Learn more at Brain Tumour Foundation of Canada’s website: www.BrainTumour.ca.

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