Navigating Your New Normal
Lessons Learned from Cancer Caregivers

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The “New” Normal

Self-Awareness
Accepting Help
Mutual Care
Self-Care
Dustin and Kim (and Reagan)
Jack’s Caregiver Coalition

Mission
To improve the way men think, feel, and act in their role as a cancer caregiver.

Hospitality Programming
“Jack-to-Jack” Coaching
Help! I’m a Caregiver
Caregiver Klatch
Collaborative Discussion

Come as You Are

Co-ed

Free food and drink!
1a. Understand Your New Normal

Welcome
You’re a Caregiver
It's a thing... and you're it. Congrats?

What does that mean to you?
- Identity
- Values
- Priorities
  - Family
  - Work
  - Etc...
1b. Recognize Change

*Keep living. Learn to adjust.*

- Roles and Responsibilities
- Organize
- Priorities

*Things **HAVE** changed.*

*How are you handling these changes?*
2a. Take Care of Yourself

Self-care and sacrifice are not incompatible

- Instinct is to focus totally on caregetter
- Quality > quantity
- Be intentional
2b. What is Your Oxygen Mask?

*Figure out what works for you*

- Respite / relaxation
- Therapy / support groups
- Health / well-being
3a. Take Care of Each Other

Grief is a part of the journey

Create space. Adjust. Keep living.
3b. Live Your Passions, Together

What brings you joy?

- Family and friends?
- Work?
- Well-being?
- Family and friends?
- Faith?
- Volunteering?
You’re in this together. 
Time to act like it.

- Be Honest
- Communicate
- Make it Routine

Pro tip: Have difficult conversations while having fun.
4a. Don’t Do This Alone

This is bigger than any one or two of us

- Asking for help can be new and scary
- Accepting help can exhausting

Both are necessary.
4b. Identify your Care Team

Who Shows Up?

Who Keeps Asking?

Let Others Decide if They Can Help!
4C. Seek Out Resources

- Gilda’s Club Twin Cities
- Jack’s Caregiver Coalition
- Open Arms
- The Firefly Sisterhood
- Angel Foundation
- The Steve Bartlett Cancer Non Profit
- Cancer Legal Care
Self-Awareness
- Values
- Identity
- Capacity

Accepting Help
- Get Support
- Build a Team
- Use Resources

The "New" Normal

Self-Care
- Intentional
- Respite
- Relax
- Health

Mutual Care
- Grief Happens
- Live Passions
- Communicate
What would you add?