Families and carers

Leukaemia does not just affect one person. It affects partners, parents, children, friends and carers as well.

If someone you care about has leukaemia, MDS or MPN, you may be supporting them emotionally, practically, or both. You may also be dealing with your own worries and questions.

All of Leukaemia Care's support and community services are available to families, carers and loved ones, not just people with a diagnosis.

How we can support families and carers

You may be helping someone through diagnosis, treatment, long-term effects, or uncertainty about what comes next. You might also be trying to balance caring with work, family life or your own wellbeing.

Our services are here to help you feel more informed, supported and less alone.

Information you can trust

Our information is written in plain English and is free to access.

As a family member or carer, you can use our information to:

- Understand leukaemia, MDS and MPN
- Learn about tests, treatments and side effects
- Feel more confident supporting someone you care about
- Find answers to common questions

You do not need to be the patient to use our information.

Leukaemia Care Registered Charity Number 1183890. Scotland Registered Charity Number SC049802

Someone to talk to

Supporting someone with leukaemia can be emotionally demanding. You may need space to talk things through, ask questions, or explain how things feel for you.

Our support services are open to family members and carers, including:

- **One-to-one support**
- **A listening ear when things feel difficult**
- **Help finding the right support at the right time**

You are welcome to contact us for yourself, not just on behalf of someone else.

Find out more on our talk to us page.

Support groups and peer support

Many families and carers tell us it helps to speak to others who understand what they are going through.

You can join:

- Support groups for carers, family members and loved ones
- Groups linked to specific diagnoses
- Peer support where you can share experiences and feel understood

You can attend whether or not the person you care for is involved.

Find out more about our support groups by clicking here.

Practical and financial support

Leukaemia can affect work, income and daily life for the whole household.

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We can support families and carers by:

- **Providing guidance on financial support and benefits**
- **Offering grants to people facing financial hardship**
- **Helping you understand what support may be available**

Find out more about this type of support by clicking here.

Support at every stage

Our support is available at any point, including:

- When someone has just been diagnosed
- During treatment or long-term monitoring
- When living with ongoing effects
- If you are supporting someone at the end of life or after loss

You do not need to wait until things feel overwhelming to get in touch.

Get in touch

If you are a family member, carer or loved one of someone affected by leukaemia, MDS or MPN, you are welcome to contact us.

You do not need a referral.
You do not need permission from the person you care for.

We are here for you.

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