

# Orientation to Caregiving



*A Handbook for Family Caregivers  
of Patients with Brain Tumors*

UCSF

Caregivers Project / Osher Center for Integrative Medicine  
UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

# Orientation to Caregiving

## *A Handbook for Family Caregivers of Patients with Brain Tumors*

Steffanie Goodman, MPH<sup>1</sup> Michael Rabow, MD<sup>2</sup> Susan Folkman, PhD<sup>1,2</sup>

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

<sup>1</sup>Osher Center for Integrative Medicine

<sup>2</sup>Department of Medicine

This handbook is a product of the Caregivers Project, a collaboration between the **UCSF Osher Center for Integrative Medicine** and the **UCSF Department of Neurological Surgery**, funded by generous gifts from the Langeloth Foundation, the Mental Insight Foundation, and the Arthur Vining Davis Foundation.

### ACKNOWLEDGEMENTS

We thank Celi Adams, RN, and Mitchel Berger, MD, Chairman, UCSF Department of Neurological Surgery, for their careful reviews of this handbook. We are grateful to the faculty and staff of UCSF Departments of Neurological Surgery and Neuro-Oncology, including: Marlene Burt, NP; Anne Fedoroff, RN; Anna Frankfurt, RN; CNRN; Kerri Keough, LCSW; Margaretta Page, MS, RN; and Jane E. Rabbitt, RN, BSN, for the information they provided for Chapters 3 and 4. We also gratefully acknowledge the contributions of David Becker, MD; Meryl Botkin, PhD; J. Henry Glazer, JD; Francina Lozada-Nur, DDS, MS; Joelle Steefel, and many family and clinical caregivers who graciously gave their time and expertise to this project. Without their personal accounts, careful review, and insightful commentary this handbook would not have been possible. Design by Laura Myers Design.

© 2007 The Regents of the University of California

**UCSF**

University of California  
San Francisco

*advancing health worldwide™*

### Osher Center for Integrative Medicine

University of California San Francisco  
1701 Divisadero Street, Suite 150  
San Francisco, CA 94115

MAILING ADDRESS:

Box 1726  
San Francisco, CA 94143-1726

PHONE: 415-353-7700

FAX: 415-353-7711

### Caregivers Project Contact Information:

WEBSITE: [www.thecaregivers.org](http://www.thecaregivers.org)

EMAIL: [thecaregivers@ocim.ucsf.edu](mailto:thecaregivers@ocim.ucsf.edu)

PHONE: 415-353-7356

FAX: 415-353-9746

