



www.anausa.org

Caregiver Support

Acoustic Neuroma Association (ANA)

As a caregiver of an individual with acoustic neuroma, we want you to be informed, educated, and supported by our association. Being a caregiver can be a challenging role for a person to take on, as he or she balances support for their loved one with their personal needs.

A person diagnosed with acoustic neuroma may experience side effects that negatively impact their quality of life. While side effects may or may not improve with treatment, caregivers are there with patients through many steps of their AN journey. But you are not alone.

A 2015 study conducted by the National Alliance for Caregiving and the AARP estimated 43.5 million Americans age 18 or older are providing care to an adult. Caregivers come from all walks of life. They are spouses, parents, children, siblings, or friends who have a special bond with a patient.

While our patient information booklets cover a variety of topics related to acoustic neuroma, you can also find information and links to organizations that provide caregiver resources on our website. Information is vital to caregivers as they support patients through their diagnosis, treatment, and recovery. ANA provides print, digital, and in-person opportunities that provide guidance and solutions throughout a patient's AN journey.

Common AN Side Effects

- Hearing loss
- Tinnitus
- Balance/equilibrium issues
- Headaches
- Fatigue
- Eye problems
- Facial nerve weakness/paralysis
- Cognitive/emotional repercussions



ACOUSTIC**NEUROMA**
ASSOCIATION



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Peer Mentor Program

The Peer Mentor list consists of acoustic neuroma patients and caregivers who provide telephone and email support. As volunteers, they share their AN experiences and provide information and encouragement. Our current Peer Mentor list is included in ANA's free patient kit.

Support Groups

ANA support groups are available across the United States and provide participants an opportunity to meet in-person for educational and emotional support. A highlight of meetings are the outstanding presentations from healthcare professionals covering acoustic neuroma topics of interest. A schedule of support group meetings is available on our website with contact information of Leaders in your area.

ANA Discussion Forum

The ANA Discussion Forum (accessible via our website) features a forum for caregiver comments, questions, and tips. Interacting with other patients and caregivers can prepare you for what to expect and give you practical information to maximize your role as a caregiver.

If you do not have internet access, please contact us at [770-205-8211](tel:770-205-8211) and we will provide you with a copy of caregiver information and resources available on our website.

Caregiver Tips

- Before you take care of someone else you must take care of yourself. Be aware of your stress levels, take breaks, exercise, and talk to a friend for support.
- We each have our limitations, strengths, and abilities. When people offer to help, accept the offer. Caregiving takes more than one person.
- Situations may arise where you have to take a step back and re-evaluate your efforts to accomplish tasks and manage new responsibilities.
- Educating yourself about acoustic neuroma will help you better communicate with healthcare professionals about treatment and care. Attend physician appointments with a patient.
- Find people, organizations, and information to make caregiving more manageable for you.