What is Self-care?
Self-care is any self-initiated activity that we do to care for ourselves mentally, physically, spiritually and emotionally. It can be done individually or in social groups, though there is no one way to “do” self-care. It is whatever contributes to your well-being and happiness.

Types of Self-Care
Read more about types of self-care and mental health - from Mighty blog post by Shelby Franklin
ARE YOU A FRIEND & SUPPORTER OF A CAREGIVER?

Want to support a caregiver in your community but are not sure how?

VOLUNTEER

• Read caregiver stories
• Share your caregiver story online
• Join an online chat
• Call a support line
• View GriefShare videos & online materials

IDEAS
• Join a MeetUp
• Get pampered with a friend
• Join an online chat
• Have a meal with friends
• Paddle with caregivers and survivors
• Enroll in a craft workshop

Take time to...
• Do your favorite activity
• Go for a walk or hike
• Take a dance or barre class
• Get a massage
• Go to a movie
• Take a nap
• Go for a swim
• Take a boxing class
• Go to the gym
• Go surfing
• Take a yoga class
• Go fishing

DONATE

Short on time but able to give a monetary gift?
Hit the Donate button to support local, state or national agencies that support family caregivers of cancer patients.

Giving your time to support a family caregiver or local cancer organizations helps exponentially.

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Resources
Organizations and programs to support you as a caregiver and your family

LOCAL
Resources serving Lanai, Maui & Molokai

Coordinating Caregiving Help
Hospice Maui
Islands Hospice Kahului
Lana'i Community Health Center
Maui Vet Center
Molokai General Hospital
Na Keiki O Emalua
Pacific Cancer Foundation
Aging & Disability Resource Center
Mana'olana Pink Paddlers
Paul G. Stevens, M.D. Outpatient Clinic
Cancer Kids of Hawaii
Maui Health Community Hospitals
Straub Lana'i Clinic

More Self-Care Resources

PHYSICAL ACTIVITIES

EMOTIONAL SUPPORT

Blue Zones Project
Weekly Support Groups
Mana'olana Pink Paddlers
Keiki Support Groups
Paddle for Life 2020
Project Helping
Biking Trails
Religious Organizations
Walking Trails

SOCIAL

SPiritual GUIDANCE

Activities via MeetUp

https://macv127.wixsite.com/maucaregiversupport/resources
SUPPORT FOR KEIKI

- Bereaved Children
- Children with Cancer
- United Way Keiki 211

BEREAVEMENT SUPPORT

- GriefShare
- Hospice Maui
- Islands Hospice

STATEWIDE

Resources serving the state of Hawai’i

- American Cancer Society - Hawaii
- Islands Hospice
- Aloha United Way 211
- Queen’s Medical Center Cancer Center
- Hawaii Pacific Health Straub Medical Center

NATIONAL

National organizations with online video, chat, and telephone resources, providing support to you wherever you are.

- American Cancer Society
- Cancer Legal Resource Center
- Hope Scarves
- VA Caregiver Support
- Caregiver Action Network
- Curve.life
- Lotsa Helping Hands
- Colorectal Cancer Alliance
- Family Caregiver Alliance
- Livestrong.org - Caregiver

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GET INVOLVED OPPORTUNITIES TO HELP A FAMILY CAREGIVER

Are you a friend or a family member of a caregiver?
Have time to volunteer?

WAYS TO SUPPORT A CAREGIVER

SOME WAYS TO SUPPORT A FAMILY CAREGIVER

- call to check-in & listen
- help set up a care coordination calendar
- make and share a meal
- arrange for cleaning service
- give a caregiver a break
- text an encouraging message

VOLUNTEER/DONATE

- American Cancer Society
- Cancer Kids of Hawaii
- Hospice Maui
- Islands Hospice
- Maui Hospital Foundation
- Na Keiki O Emalia
- Pacific Cancer Foundation

CAREGIVER TESTIMONIALS

You’re not alone in your caregiving journey. Connect with other caregivers through their stories. You have an opportunity to also share your own story in a supportive online environment.

SHARE YOUR EXPERIENCE

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ABOUT THE CAREGIVER SELF-CARE RESOURCE PROJECT

Aloha!

I’m Melanie & I’m a former caregiver. My husband Guy lost his battle to cancer & gained his angel wings in 2017. To serve my community in memory of my husband, I have compiled resources for Maui County family caregivers to help connect them with local cancer caregiver & self-care resources.

I’m also a graduate student in the Learning Technology and Design program at the University of Hawai‘i at Manoa. I designed this site for my master’s project as well to realize my vision of sharing self-care resources with family caregivers of Maui, Molokai, and Lana‘i.

Melanie and Guy Vinoray in 2015

CONTACT ME

Have a question?

Want to leave a comment?

Name *

Message

Email *

Subject

Send

Email: macv@hawaii.edu

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