

WELCOME

*You play a vital role.
You are not alone.*

Behind every patient is someone who loves them, shows up for them, and stands with them—often quietly and tirelessly.

This guide was created to support you with practical tools, encouragement, and resources as you care for someone through their prostate cancer journey.



YOU MATTER.

When you take care of yourself, you are better able to care for the one you love.



TOGETHER,
we're stronger.

Your love, support, and presence make a difference every single day. This guide is here to walk with you every step of the way.



IN THIS GUIDE, YOU WILL FIND:



Understanding your role and the many ways you make a difference.



Tips for communicating well and navigating difficult conversations.



Practical tools for appointments, treatment, and recovery.



Self-care strategies to help you stay strong and balanced.



A caregiver journal section to track, reflect, and take care of you.

TAKE A QUICK LOOK

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Use what helps. Skip what doesn't.
This guide is here to support you—your way.



THIS GUIDE BELONGS TO: _____



DATE STARTED: _____



You are making a difference every day.

Thank you.

It starts with how much you care.

A PERSONAL MESSAGE

FROM CURT



“

Knowledge is powerful, but conversations change lives.

Sometimes the most important question we can ask is also the simplest:
“How are you doing?”

When I was diagnosed with prostate cancer, I quickly realized that the physical battle was only part of the journey.

There were questions, fears, difficult conversations, and moments when I wished someone had simply helped me understand what to expect.

That’s one of the reasons Curt Cares exists.

This guide was created to educate, encourage, and empower you with practical information while reminding you that you don’t have to face this journey alone.

Whether you’re learning about prostate health for yourself, supporting someone you love, or simply taking steps to protect your future, I hope these pages give you confidence, hope, and a reason to start meaningful conversations.

Knowledge is powerful, but conversations change lives. Sometimes the most important question we can ask is also the simplest:

“How are you doing?”

That one conversation can lead to a screening, early detection, life-saving treatment, or the reassurance that someone is not walking through this alone.

Thank you for trusting Curt Cares to be part of your journey.

I hope this guide encourages you to ask questions, seek trusted medical advice, and share what you’ve learned with others.

Together, we can break the silence surrounding prostate cancer and help more families experience hope through awareness, education, and early detection.

Thank you for being here—and thank you for helping us make a difference, one conversation at a time.

Curtis L. Murray Jr.

Founder & Prostate Cancer Survivor
Curt Cares, Inc.



MEDICAL DISCLAIMER

Please read before using this guide.

The information in this guide is provided by Curt Cares, Inc. for educational purposes only. It is not intended to replace professional medical advice, diagnosis, or treatment.

EDUCATIONAL PURPOSE

This guide is designed to educate, inform, and encourage conversations about prostate health. It is not a substitute for care from a licensed healthcare professional.

NOT MEDICAL ADVICE

The content in this guide should not be interpreted as medical advice. Decisions about your health should be made in consultation with your healthcare provider based on your individual circumstances.

CONSULT YOUR HEALTHCARE PROVIDER

Always speak with a qualified healthcare professional about your symptoms, PSA results, screening decisions, treatment options, and overall health.

EMERGENCY SITUATIONS

If you believe you are experiencing a medical emergency, call 911 or go to the nearest emergency room immediately.

NO DOCTOR-PATIENT RELATIONSHIP

Reading this guide or using Curt Cares resources does not establish a doctor-patient relationship between you and any healthcare provider or Curt Cares, Inc.

MEDICAL INFORMATION CHANGES

Medical research, screening guidelines, and treatment recommendations evolve over time. Information in this guide is current as of the date of publication but may change. Consult current sources and your healthcare provider for the most up-to-date guidance.

EXTERNAL RESOURCES

This guide may include links to websites or resources provided by other organizations. These are offered for your convenience only. Curt Cares, Inc. does not endorse or guarantee the accuracy of third-party content.

ACCESSIBILITY

If you have questions or need help understanding any of the information in this guide, please talk with your healthcare provider or a trusted health professional.



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Real encouragement.
Every step.*

Use this guide to find helpful tools, encouragement, and resources for your caregiving journey.



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Every journey is easier

when no one walks it alone.



You are making a difference every day.

Thank you.
FOR ALL THAT YOU DO.



It starts with how much you care.

UNDERSTANDING YOUR ROLE

Your support makes a difference.

Caregivers wear many hats. There's no one right way to do it—but knowing what your role can look like may help you feel more confident and prepared.



THE MANY WAYS YOU MAKE AN IMPACT



EMOTIONAL SUPPORT

- Be a steady source of encouragement.
- Listen without judgment.
- Offer comfort on the hard days.
- Celebrate the small victories together.



MEDICAL ADVOCACY

- Help keep track of appointments, medications, and instructions.
- Take notes and ask questions.
- Ensure concerns are heard and understood.



PRACTICAL ASSISTANCE

- Help with transportation, meals, and daily tasks.
- Manage schedules and responsibilities.
- Prepare the home for comfort and recovery.



ENCOURAGEMENT & HOPE

- Remind them they are not alone.
- Help keep perspective and hope alive.
- Be patient—with them and with yourself.

WHAT CAREGIVERS OFTEN SAY



"I just want to do everything I can to help."

"Some days are harder than others."

"I didn't realize how much I would need support too."

"I'm learning as I go."



Remember:

There is no perfect caregiver. What matters most is showing up with love, again and again.

YOU ARE NOT ALONE



Reach out to friends, family, support groups, and faith communities. Let others walk this journey with you.

Asking for help is a sign of strength.



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DATE STARTED: _____



You are making a difference every day.

Thank you.

It starts with how much you care.

COMMUNICATING WITH CONFIDENCE

*Words have power.
Connection brings healing.*

The way we communicate can reduce stress, build trust, and help your loved one feel understood and supported.

You don't need the perfect words—just a willing heart and a listening ear.



HELPFUL THINGS TO SAY

- ♥ "I'm here for you."
- ♥ "How are you really feeling?"
- ♥ "What can I do to help today?"
- ♥ "It's okay to have hard days."
- ♥ "You don't have to go through this alone."
- ♥ "I'm proud of how strong you're being."



LISTEN MORE, FIX LESS

- Sometimes your loved one just needs to be heard.
- Listen with patience and without judgment.
- Avoid rushing to solve the problem.
- Your presence matters more than your words.



TALKING WITH DOCTORS

- You can be your loved one's advocate.
- Take notes and ask questions.
- Speak up if something isn't clear.
- It's okay to ask for information to be repeated.
- You are part of the care team.

TIPS FOR DIFFICULT CONVERSATIONS



Choose the right time: Find a quiet moment when you both can focus.



Be honest and kind: Share your concerns with compassion.



Respect their feelings: Everyone processes things differently.



Keep the door open: Let them know you're always there to talk.

“

The best conversations aren't about having all the answers—they're about showing up with love.

”

WHAT TO AVOID



Telling them how they should feel.



Minimizing their fears or frustrations.



Making decisions for them.



Trying to stay positive all the time.



Taking things personally.



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It starts with how much you care.

YOU MATTER TOO

*Caring for yourself helps
you care for them.*

Caregiving is a journey, not a sprint.
Your well-being is not a luxury—
it's a necessity.

Take time to rest, recharge, and lean on
others. You cannot pour from an empty cup.



SELF-CARE IS NOT SELFISH



REST

Get enough sleep
and take breaks
when you can.



REFUEL

Eat well, stay
hydrated, and
move your body.



REACH OUT

Accept help and
connect with other
caregivers.



DO WHAT YOU LOVE

Keep doing the things
that bring you joy.



BE KIND TO YOURSELF

You are doing
the best you can.

WHEN YOU NEED EXTRA SUPPORT

It's okay to ask for help.
Support is available.



- ✓ Talk to your doctor about caregiver stress.
- ✓ Reach out to a counselor or support group.
- ✓ Call a helpline or local community resource.
- ✓ You are not alone. Help is here.

Remember:



Taking care of
yourself is one of
the greatest gifts
you can give your
loved one.

KEEP THESE CONVERSATIONS GOING

Check in often. Keep the lines open.



Ask how they are feeling—really listen.



Encourage them to share their fears
and hopes.



Celebrate progress, no matter how small.



Reassure them: You are in this together.



Love, patience, and presence
make all the difference.



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You are making a difference every day.

Thank you.

It starts with how much you care.

SUPPORTING THROUGH RECOVERY

Practical ways to help without taking away independence.

Your support makes a difference every day. Small actions, done with love and patience, help them heal and regain strength.



AT HOME

- ☐ Help organize medications.
- ☐ Encourage hydration and healthy meals.
- ☐ Support light activity as approved by the doctor.
- ☐ Watch for changes in symptoms.
- ☐ Keep follow-up appointments on schedule.



AT MEDICAL APPOINTMENTS

- ☐ Bring a notebook.
- ☐ Write down questions beforehand.
- ☐ Ask for clarification if something isn't clear.
- ☐ Request written instructions.
- ☐ Keep a folder of important documents.



HELPING WITHOUT TAKING OVER

DO

-  Encourage independence.
-  Offer choices.
-  Celebrate progress.
-  Ask before helping.
-  Respect privacy.

AVOID

-  Doing everything for them.
-  Speaking for them unnecessarily.
-  Treating them as fragile.
-  Ignoring their wishes.
-  Assuming you know what they need.



Remember:

Recovery takes time. Be patient with the process, celebrate the wins, and remind them often—you believe in them.



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You are making a difference every day.

Thank you.

It starts with how much you care.

MY CAREGIVER PLAN

Staying organized while caring for someone you love.

Use this space to keep important information, appointments, and reminders all in one place.



EMERGENCY CONTACTS

Name	Relationship	Phone



UPCOMING APPOINTMENTS

Date	Provider	Notes



MEDICATION & REMINDER NOTES



QUESTIONS FOR THE NEXT APPOINTMENT

- _____
- _____
- _____
- _____



THIS WEEK'S PRIORITIES

- | | |
|---|--|
| ☐ Pick up prescriptions | ☐ Encourage daily walk |
| ☐ Schedule follow-up appointment | ☐ Ask how they're feeling |
| ☐ Grocery shopping | ☐ Take time for myself |



REFLECTION

One thing that went well this week

One thing I need help with

One goal for next week



Remember:

Caregiving isn't about doing everything perfectly.
It's about showing up with compassion, patience, and love.
Every small act of care makes a difference.



You are making a difference every day.

Thank you.

It starts with how much you care.