

Supplementary File S1. Draft Caregiver Curriculum Outline

Figure S1. Managing the medical aspects of illness.

How to Manage...	How to Maintain a Healthy Lifestyle	How to Perform Clinical Tasks
<ul style="list-style-type: none"> • Pain^[SEP] • Fatigue^[SEP] • Weakness^[SEP] • Hair loss^[SEP] • Nausea and vomiting^[SEP] • Changes in appetite and nutrition requirements^[SEP] • Maintaining a normal calorie intake • Managing anorexia/weight-changes • Changes in bowel habits • Diarrhea • Constipation • Incontinence/frequent urination • Changes in behaviour, character, or cognition^[SEP] • Changes in sleep quality and quantity^[SEP] • The side effects of medication^[SEP] • The long-term consequences of treatment • The impact of cancer on fertility • How to manage changes in sexual intimacy • How to engage in safe sexual 	<ul style="list-style-type: none"> • How to exercise and engage in physical activity during treatment • Managing the risk of falling • Maintaining optimal mobility^[SEP] • The benefits of quitting smoking 	<ul style="list-style-type: none"> • Post-surgery care^[SEP] • Infection prevention and control • Hand hygiene • How to lower your risk of infection • Wound care • Lacerations & abrasions^[SEP] • Cleaning your wound^[SEP] • Packing your wound^[SEP] • Dressing and bandaging^[SEP] • Caring for your surgical drain • Caring for a central line^[SEP] • Caring for a feeding tubes • Care for an ostomy^[SEP] • Care for a tracheostomy

practices (e.g. when to use condoms,
can you get partner sick)

- Exploring alternative fertilization options (e.g. freezing your eggs)
- Coping with impotence • Cancer and menopause

Figure S2. Managing changes in roles and relationships to accommodate illness.

How to Manage Changes in your Relationship with...	Developing Adaptive Communication Strategies	Obtaining Psychosocial Support
<ul style="list-style-type: none"> • Your spouse/significant other^{[1][2]} • Individuals in the workplace^{[1][2]} • Your friends and family (e.g. children) • Yourself (e.g. how to define your identity in the face of a role transition) 	<ul style="list-style-type: none"> • How to make decisions as a team/patient caregiver pair • How to share your thoughts and feelings • How to demonstrate active listening (e.g. validating feelings, demonstrating understanding) • How to minimize un-adaptive coping (e.g. nagging, criticizing)^{[1][2]} • How to communicate with medical staff • How to talk to your children about your cancer 	<ul style="list-style-type: none"> • How to find and ask for help from others^{[1][2]} • How to access counselling services at PMCC • How to connect with others who share a similar experience with others (e.g. support group services at PMCC)^{[1][2]} • How to connect with the patient beyond providing care (e.g. activities offered at PMCC, like art and exercise classes, that family members can do together)

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- How to talk to your children about death and dying

Figure S3. Managing the psychological consequences of illness through use of problem-solving coping strategies.

How to Cope with...	Mood and Affect Management Techniques	Developing Positive Self-Schema
<ul style="list-style-type: none"> • Stress^{[1][SEP]} • Anxiety^{[1][SEP]} • Depression^{[1][SEP]} • Grief/loss^{[1][SEP]} • Hopelessness^{[1][SEP]} • Worry/fear (e.g. of cancer re-occurrence, of treatment failure)^{[1][SEP]} • Anger/guilt^{[1][SEP]} • Changes in the patient's body image • Changes in the patient's self image^{[1][SEP]} • Changes in the patient's thinking and cognition (e.g. delirium)^{[1][SEP]} • Unpleasant emotions you have due to the patient's cancer diagnosis^{[1][SEP]} • The emotional reactions of others (e.g. 	<ul style="list-style-type: none"> • Maintaining optimism^{[1][SEP]} • Mindfulness and relaxation^{[1][SEP]} • Addressing negative beliefs about cancer 	<ul style="list-style-type: none"> • Strategies to improve self-esteem and self- efficacy • Coping with loss of personal control • Developing self-compassion

friends/family) to the patient's cancer

diagnosis^[11]_{SEP}

- Uncertainty about the future
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