



SURVIVORSHIP

Understanding and taking control of your survivorship

WELCOME

Speaking today:

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Life, Happiness... & Cancer

WHAT IS SURVIVORSHIP?

- As cancer detection and treatment becomes more successful and with people living longer, greater numbers of people are experiencing cancer during their lifetimes
- Survivorship recognises this experience can leave a legacy

WHO IS A SURVIVOR?

Changing definition:

- If cancer did not reoccur in the 5 years following either diagnosis or treatment, patients were considered to have become survivors
- Anyone who has been in remission for one year post diagnosis or treatment
- Anyone who has finished their 'active' cancer treatment

LANCE ARMSTRONG FOUNDATION

Survivorship begins at diagnosis, the moment your battle with cancer begins, and continues through your treatment and beyond

A survivor is anyone battling cancer; the person with cancer, a spouse or partner, a child, a friend, a parent or caregiver

NATIONAL INSTITUTE OF CANCER

People who have been diagnosed with cancer and the people in their lives who are affected by their diagnosis, including family members, friends and caregivers



"The diagnosis was like a kick in the stomach"



EMOTIONAL ROLLERCOASTER

- Uncertainty
- Shock
- Why me?
- Coming to acceptance
- Putting life on hold
- The ups & downs of coping
- Remaining positive for others



MAJOR CHANGES

- Health
- Life as planned
- Goals
- Ability to work
- Identity
- Independence
- Control
- Role within family
- Sexual identity
- Body image



COPING STRATEGIES

- Everyone has coping strategies
 - Information seeking
 - Positive thinking
 - Instruction following
 - Staying in bed, with covers firmly pulled up



COPING STRATEGIES

- Some are more effective than others
- Different strategies for different occasions
- Everyone is different
- No right or wrong way to cope



MOVING FORWARD

- Returning to an everyday life
- Feeling uncertain is normal
- This transition and adjustment period can be difficult – moving between hospital and home, treatment and surveillance



REDEFINE YOUR NORMAL

- What is important now?
- What gives your life meaning?



HELPFUL HINTS

- Adjust or make new plans keeping goals realistic
- Acknowledge losses and grieve those losses
- Respect the changes in close relationships remembering some may want "time out" others will need to talk to discuss their feelings openly
- Strive to let go of anger, blame, guilt and unhappiness – A WASTE OF ENERGY



HELPFUL HINTS

- Focus on reprioritising your life, challenge negative thoughts
- Talk to people you trust
- Healthy diet and exercise
- Don't be too hard on yourself, change takes time



ONGOING ISSUES

- Financial
- Fatigue
- Returning to work
- Sexual Identity
- Changes in body image
- Role within the family
- Fertility
- Fear of recurrence
- End of treatment fears and finding new normal



LBF CAN HELP

- Provide emotional support
- Education and information
- Online support www.lifebloodlive.org.nz
- Education & Support Programmes
- Financial assistance





CONTACT DETAILS

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Leukaemia & Blood Foundation
Vision to Cure - Mission to Care

