

PRACTICAL ADVICE AND TOOLS TO BALANCE CANCER AND EMPLOYMENT

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PROFESSIONALS**

AVON
Foundation
for Women



SPEAKERS

- Kate Sweeney,
Executive Director, Cancer and Careers
- Laura Mosiello LCSW-R,
Oncology Social Worker

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SHARING THE NEWS

To tell or not to tell

- Explore work environment/culture
- Explore individual personality

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SHARING THE NEWS

Who to tell

- Supervisors
- Human Resources Department
- Colleagues/coworkers

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SHARING THE NEWS

What to tell

- An explanation of diagnosis
- Expected course of treatment
- Any expected leaves of absence
- Plan of Action

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TREATMENT SIDE EFFECTS IN THE WORKPLACE

- Pain
- Hair Loss
- “Chemo Brain”
- Fatigue
- Weight Changes
- Skin Changes

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MANAGING TREATMENT SIDE EFFECTS

- Professional image
- Self-confidence
- Personal perceptions and priorities
- Make referrals

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COMMUNICATING WITH THE HEALTHCARE TEAM

You can help by encouraging your patients to:

- Be open and forthcoming
- Tell their doctors and nurses about any and all side effects
 - Share concerns about how treatment and side effects are impacting their ability to work
- Discuss what they do for a living, including schedule and demands
- Discuss their priorities for returning to work

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WORK FRIENDLY TREATMENT OPTIONS

Cancer and its treatment can affect people differently, including their ability to work

- Many people are able to adjust treatment timing to work around their schedule
- Treatment options have expanded greatly
- Some people do not feel well enough to work
- To ensure best outcome, some specific treatment regimens may not be adjustable

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SHOULD YOUR PATIENT WORK OR TAKE TIME OFF?

Questions to ask:

- How will treatment affect work and schedule?
- What are job demands, physical and mental?
- How flexible is the work environment?
- Can accommodations be made?
- What are the financial and health insurance concerns?
- How is identity connected to work?
- Have career priorities changed?

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CREATING A WORKABLE SCHEDULE

- Identify optimum hours, days of the week
- Explain medication and side effects
- Explore flexible work options:
 - Working from home
 - Flexible hours
 - Part-time schedule
- Educate and provide community/legal resources

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MODIFYING THE WORK ENVIRONMENT

- Identify physical limitations
- Suggest reasonable accommodations
- Provide letter for employer
- Consult physical/occupational therapist

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GETTING BACK TO 'NORMAL'

- Old 'normal' vs. New 'normal'
- Adjusting to residual side effects
- Acknowledge the stress
- Suggestions for coping

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RESOURCES

- Cancer and Careers (cancerandcareers.org)
- CancerCare® (cancercares.org)
- Look Good...Feel Better (lookgoodfeelbetter.org)
- Cancer Support Community (cancersupportcommunity.org)
- Lance Armstrong Foundation (livestrong.org)

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FUTURE SESSIONS

Session 2 October 20, 2011: 3 PM ET (12 PM PT)

Re-entering the Workforce After Short and Long Absences

Speakers: Julie Jansen, Career and Executive Coach, Author
Laura Mosiello, LCSW-R, Oncology Social Worker

Session 3 November 17, 2011: 3 PM ET (12 PM PT)

Legal and Insurance Questions Answered

Speaker: Joanna L. Morales, Esq., Director, Cancer Legal Resource Center

TO REGISTER VISIT: http://cancerandcareers.org/healthcare_professionals

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