

WORKING WITH CANCER

10 WAYS TO MAKE LIFE AND WORK EASIER

1.

Arm yourself with facts.

For example, 80% of those diagnosed with cancer return to work.

2.

Work with your doctor — to work better.

Talk to your doctor about treatment options that may be less disruptive to your work schedule. Ask about drugs and other methods for alleviating side effects.

3.

What they don't know can hurt you.

The Americans with Disabilities Act applies only if your employer knows of your disease.

4.

Study your options.

Know your company's policies on medical conditions, ex time, telecommuting, etc. before you share your news.

5.

Be thoughtful about your message.

Share your news calmly. People will react accordingly.

6.

People want to help, but don't know how. Tell them.

Your boss, co-workers, and human resources team can be a source of support. Encourage them.

7.

Present your manager with your plan of action.

Be proactive. That way, both of you know the work will get done.

8.

Reasonable requests get reasonable responses.

Communicate clearly. Work with your employer to make sure everyone's needs are met.

9.

Do your best to put your health first.

Determine what requires your personal attention. Delegate the rest.

10.

Log on to cancerandcareers.org, an information resource for people working with cancer, their employers, co-workers and caregivers.

