



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**



*A Global Network of Education and Hope*

# “I have cancer.”

## HOW TO RESPOND AND WAYS TO SUPPORT SOMEONE



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# What NOT to Say

- “That’s a good cancer to have.”
- “I’ve always wanted to shave my head.”
- “We didn’t think you’d be up for it.”
- “You’re so brave.”
- “Have you tried...?”
- “If anyone can beat this, you can.”
- “Remember, there is always someone worse off than you.”
- “I know how you feel.”
- “Congratulations, you’re done.”



# What to Say

- “I don’t really know what to say.”
- “I’m sorry you are going through this.”
- “Do you need a ride home from chemo?”
- “Have you seen...?”



# Helpful Things to Do

- Listen
- Offer to do a household chore
- Give them some fancy body cream or nice lip balm
- Treat them to a visit from your pet
- Do their grocery shopping for them
- Offer them rides
- Give or lend them an e-reader
- Do not take it personally if you do not see or hear from them
- Ask them what they need
- Keep in mind that needs change



# Helpful Things to Do

- Take cues from the person with cancer
- Show support without words
- Choose your words carefully
- Use caution when asking questions
- Practice active listening
- Talk about topics unrelated to cancer
- Encourage the person to stay involved
- Ask if practical support would be helpful



# Helpful Things to Do

- Ask permission
- Make plans
- Be flexible
- Laugh together
- Allow for sadness
- Check in
- Offer to help
- Follow through
- Treat them the same



# General Tips for Communication with Kids

- Use the term “cancer”
- Use age-appropriate language to discuss cancer
- Be honest when answering questions
- Keep routines as normal as possible
- Be prepared to discuss death





# Take Time to Prepare Yourself

- Process your own feelings beforehand
- Learn about the diagnosis
- Think about it from your friend's perspective



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# What You Say



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[www.GildasClubKC.org](http://www.GildasClubKC.org)

*So that no one faces cancer alone ®*

# What They Hear



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# What You Say



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# What They Hear



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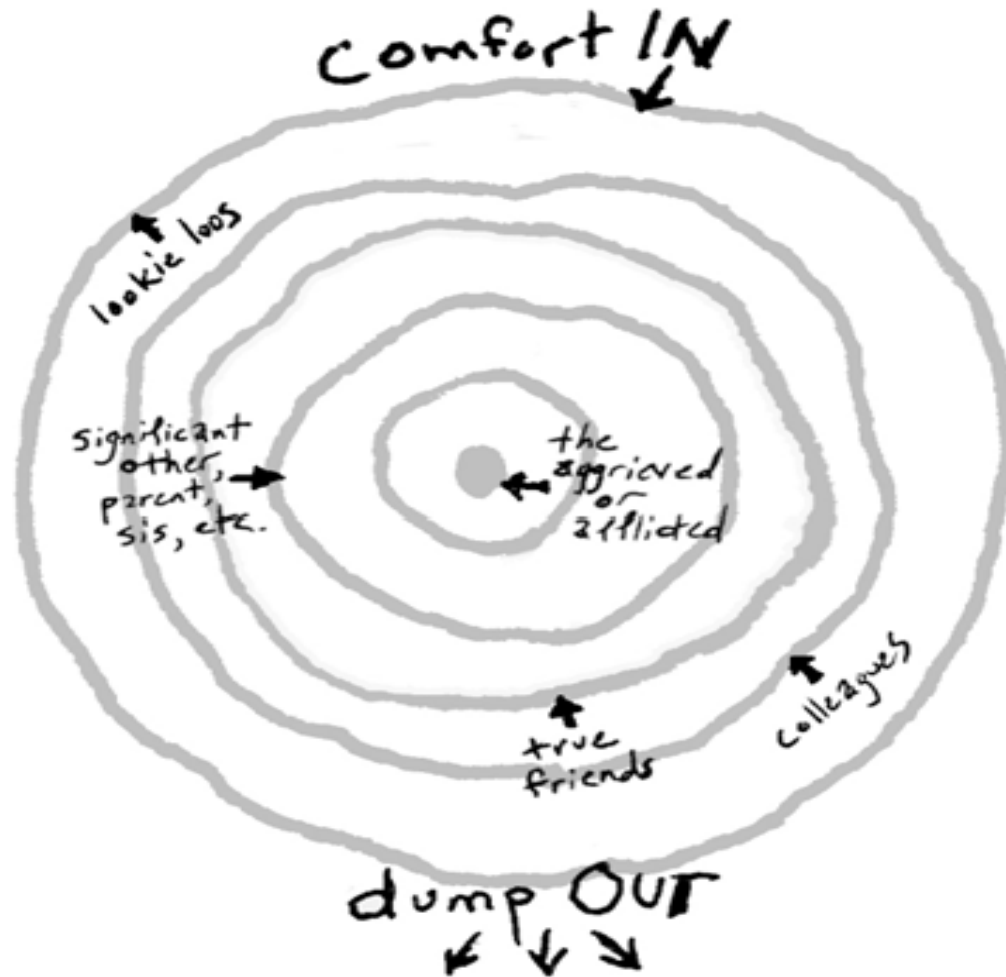
# What You Say



# What They Hear



# Kvetching Order



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# Practical Tips for Those Living with Cancer

1. Be your own medical advocate.
2. It is okay to discourage false cheerfulness and to share how you are feeling.
3. Seek support from your family and friends.
4. Ask a member of your healthcare team, learn about your disease and ask questions.
5. Be an active participant in your treatment and recovery efforts.



# Practical Tips for Those Living with Cancer

6. Make positive changes in your lifestyle that will improve your outcomes, incorporating exercise and getting good nutrition.
7. Find something to laugh about each day. Good humor is healthy for the body and soul.
8. For safety's sake, when not feeling your best, ask for transportation assistance to your medical appointments.
9. Participation in a support group can help you learn from others.
10. Pay attention to how you are feeling and get plenty of rest, good nutrition, and take time for personal care.



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# Practical Tips for Those Living with Cancer

11. Find ways to express your feelings by speaking with a mental health provider or a cancer center social worker.
12. Consider complimentary therapies, such as massage, aromatherapy, acupuncture, yoga to help relieve stress and other symptoms.
13. Just be yourself and continue to do the things that you already enjoy doing.
14. Continue your current sports activities as much as physically possible.
15. Allow yourself private time apart from your family and friends to do nothing, or something important to you.



# Practical Tips for Those Living with Cancer

16. If you are currently employed, continue to work if physically possible.
17. Practice guided visualization and/or meditation.
18. Nourish yourself spiritually.
19. Listen to relaxing music that can bring about serenity.
20. Read enjoyable books.
21. If you have a significant person in your life, keep the romance going by selecting romantic movies to watch.



# Practical Tips for Those Living with Cancer

- 22. Take time for simple pleasures, such as a warm bath, a manicure or pedicure.
- 23. Keep in mind that your memory function and energy level will fluctuate according to your treatment and medications. Let your caregiver know when you need help.
- 24. Consider writing down your feelings in a journal.
- 25. Keep a calendar and or log of activities and appointments to help stay organized.

(2015). 25 practical tips for patients. Retrieved from  
<http://cancer.ucsd.edu/coping/resources-education/Pages/patient-tips.aspx>



# Resources for People Impacted by Cancer

**Clara Anderson Sainte, LCSW**  
**Program Director**  
**Gilda's Club Kansas City**



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# Resource Overview

- Gilda's Club Kansas City
- Cancer Support Community
- American Cancer Society
- Cancer Action
- Turning Point: The Center for Hope and Healing
- Bloch Foundation Hotline
- Imerman Angels



# Gilda's Club Kansas City

## Mission Statement

To ensure that all people impacted by cancer are **empowered** by knowledge, **strengthened** by action, and **sustained** by community.



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# Gilda's Club Kansas City



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# FREE Cancer Support Program

- All support is provided at NO COST to members thanks to generous donors , independent sponsors, and fundraising
- Emotional and social support for ALL types of cancer for everyone – men, women, teens, children and caring family and friends
- All support groups are facilitated by licensed mental health professionals
- Open to members from any healthcare system
- The Program is individualized and evidence-based



# FREE Cancer Support Program

## Five Program Components:

1. Support (support groups for those living with cancer and family & friends, individual counseling, Kid Support)
2. Education (Frankly Speaking about Cancer series)
3. Healthy Lifestyle (exercise, guided relaxation, art classes)
4. Social Connection (community potlucks, birthday bash, holiday party)
5. Resources and Referral



# FREE Cancer Support Program

Find support throughout the continuum:

- Cancer risk/ pre-cancer
- Diagnosis and treatment
- Post-treatment
- Survivorship
- Palliative care and/ or end-of-life
- Bereavement



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# Program Highlights



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# Additional Support Options

- Open to Options <sup>TM</sup>  
treatment decision counseling



- Cancer Support Source Distress Screening Tool



A PROGRAM of the CANCER  
SUPPORT COMMUNITY 

- Cancer Transitions



Moving Beyond Treatment

A Program of the Cancer Support Community  
and LIVESTRONG<sup>™</sup>

- Kid Support



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# Cancer Support Community

- **TOLL-FREE Cancer Support Helpline**  
**1-888-793-9355**  
Open Mon–Fri 9am – 9pm ET
- Frankly Speaking About Cancer radio show  
Listen every Tuesday (4PM ET and 1PM PT)  
at [www.voiceamerica.com/show/965](http://www.voiceamerica.com/show/965)
- Frankly Speaking About Cancer printed materials
- Group Loop is a safe place for teens touched by cancer to connect, to find support, education and hope while dealing with a cancer diagnosis.
- CancerExperienceRegistry.org



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# American Cancer Society

- Road To Recovery (Rides to Treatment)
- Patient Navigator Program (Personal Cancer Guide)
  - Talk one-on-one with a patient navigator about his/her situation.
- Call 1-800-227-2345 to learn more about this program.







- Dedicated to reducing distress and improving the quality of life for those living with, through and beyond cancer
- Promote education, prevention and early detection to reduce the impact of cancer in the greater Kansas City area.
- Financial assistance
- Nutritional supplements and medical supplies
- Transportation
- Prescription assistance
- One-on-one emotional support and case management
- Educational resource library

# Cancer Action Locations

<b>Johnson County Office</b> <b>Overland Park, KS 66212</b> Mon-Fri 8:30-4:30	10520 Barkley, Ste. 100 Phone: 913-642-8885
<b>Wyandotte County Office</b> <b>Kansas City, KS 66102</b> Mon & Thurs 8:30-4:30	1600 Washington Blvd. Phone: 913-321-8880
<b>Eastern Jackson County Office</b> <b>Independence, MO 64055</b> Mon-Fri 8:30-4:30	4010 S. Lynn Court Phone: 816-350-8881

# Turning Point: The Center for Hope and Healing

- Meditation and creativity classes
- Body Movement workshops
- Specific support groups for individuals, families and friends living with serious or chronic physical illness
- Families, Teens, and Children programs



TURNING POINT

The Center for Hope and Healing

A program of  
THE UNIVERSITY OF KANSAS HOSPITAL

## R. A. Bloch Cancer Foundation

Visit website: [www.blochcancer.org](http://www.blochcancer.org)

- For a list of questions to ask the doctor
- For cancer specific or general information that will help during the cancer experience (support organization list)
- Find institutions offering multidisciplinary second opinions (2nd opinion centers)
- Answer questions about cancer (or email [hotline@blochcancer.org](mailto:hotline@blochcancer.org))

- 877-274-5529
- Imermanangels.org
- 1-on-1 mentoring
- Available in Spanish

# Gilda's Club Kansas City

21 West 43<sup>rd</sup> Street

Kansas City, MO 64111

816-531-5444

GildasClubKC.org



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