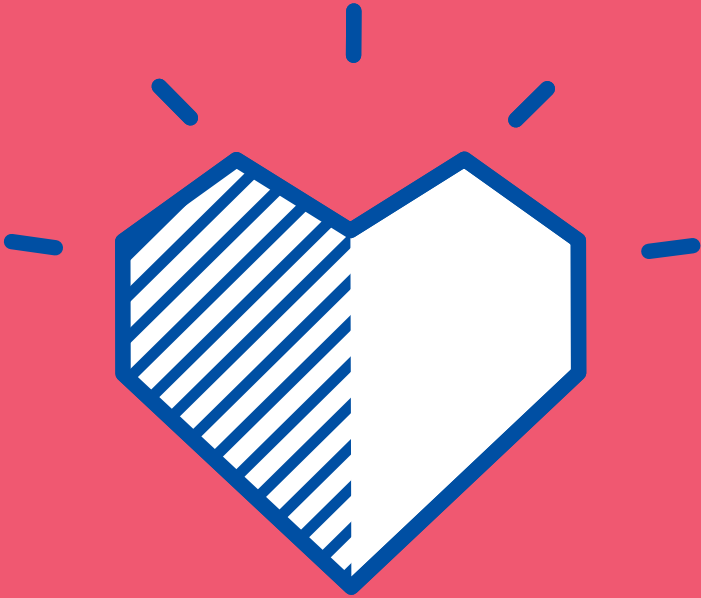


**WORLD  
CANCER  
DAY 2016**

**I CAN**



**SUPPORT OTHERS**



**ON 4 FEB**

**#WeCanICan  
#WorldCancerDay**

**WWW.WORLDCANCERDAY.ORG**

# I CAN — SUPPORT OTHERS



**Support from friends, families, employers and colleagues can help a person living with cancer better adjust to the changes cancer brings to their lives and improve their quality of life.**

For some people, support may be needed over many years after the initial diagnosis as they continue to live with the physical and emotional impacts of cancer even when treatment is finished.

Family members, especially partners can be a critical source of support for a person living with cancer. Often, family members take on the role of carer and sometimes adjusting to this change in roles can place strain on relationships<sup>1</sup>. Keeping the lines of communication open and talking about feelings can be important ways to help couples cope with changing relationships and other physical and emotional challenges of cancer.

Friends can play a major role in providing emotional, social and practical support. Spending time with a person, being willing to talk about their experiences and providing assistance with errands or tasks can all be enormously helpful<sup>2</sup>.

At work, a supportive approach from employers and colleagues can reduce anxiety and provide the skills and confidence to return to work successfully. For employers, making adjustments such as changes in tasks, hours, or function and maintaining open communication can be important factors in getting people back to work successfully. For colleagues, being sensitive to the needs and feelings of the person affected by cancer at work and keeping in touch during time away from the workplace can be very helpful. Some workplaces have an employee assistance programme or other type of support network to help employees affected by cancer or other illnesses<sup>3,4</sup>.

**GIVING HOPE AND SUPPORT TO SOMEONE LIVING WITH CANCER CAN MAKE A BIG DIFFERENCE IN THEIR LIFE.**

1. Gírgis A, Lambert S, Johnson C, et al. (2013). Physical, Psychosocial, Relationship, and Economic Burden of Caring for People With Cancer: A Review. *J Oncol Practice*, 9, 197-202

2. American Cancer Society. Be a friend to someone with cancer. <http://www.cancer.org/treatment/understandingyourdiagnosis/talkingaboutcancer/how-to-be-a-friend-to-someone-with-cancer>

3. Macmillan Cancer Support. Work and Cancer. <http://www.macmillan.org.uk/information-and-support/organising/work-and-cancer/if-youre-an-employer>

4. American Cancer Society. When someone you know has cancer. <http://www.cancer.org/treatment/understandingyourdiagnosis/talkingaboutcancer/whensomeoneyouknowhascancer/when-someone-you-know-has-cancer-toc>