KNOW YOUR LEGAL RIGHTS

TREATMENT HAS BEEN
ONCE YOUR COURSE OF

WHO TO TELL
ABOUT HEALTHCARE 21 BUSINESS COALITION
WWW.HC21.ORG

member of the National Alliance of Healthcare Purchaser Coalitions.

health care begins with you and the decisions you make about your health. Use this Guide to learn more

healthcare in Tennessee. We believe it is important to provide user-friendly information on health

HealthCare 21 Business Coalition is a non-profit organization focused on improving the cost and quality

of health care in the state of Tennessee. We believe it is important to provide user-friendly information on health

of healthcare providers to improve the quality and efficiency of care.

Is there anything else I should know?

HOW

do

Visit

This will allow for the

Cancer + Careers

American with Disabilities Act

Source: Cancer + Careers

SUPPORTING A FRIEND OR LOVED ONE

TO DO

To help identify a high quality
treatment option for you, it is common to seek a second
opinion.

Source: Smarter

THERE IS NOT ONE PERSON WHO HASN’T BEEN AFFECTED

According to the World Health Organization (WHO), the number of new cancer cases is
projected to rise by 70% in the next ten years. Use this Guide to learn about moving forward
with a diagnosis, talking to your employer, and how you can be a support to friends and
loved ones with a diagnosis.

1.7 MILLION
new cases of cancer will be
diagnosed in 2017.
Source: American Cancer Society

THERE ARE FOUR MAJOR CLASSES OF CANCERS

Some cancers have specific diagnostic tests that can help identify the treating doctors agree, your cancer could be

Other cancers are slow growing, so you should have plenty of time to get

information and treatment options. Here’s where to start:

SUPPORTING A FRIEND OR LOVED ONE

WHEN YOU’VE BEEN DIAGNOSED. NOW WHAT?

THE BASICS

Most cancers are slow growing, so you should have plenty of time to get

information and treatment options. Here’s where to start:

DISCUSSION OPTIONS

If a second opinion is desired, all the above steps should be

The care team will likely discuss surgical options such as

In your discussion with your doctor, you will be given a list of
treatment options. Here are some tips to help you make an informed

care team to learn more about the pros and cons of each option.

BUT

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This will allow for the engagement of some individuals. The ADA Region 4 Coalition is a regional organization that promotes access to healthcare for people with disabilities. They may be a good source for advice on what to expect and plan to best fit your needs during this time.

Visit www.ada.gov for more information. "I'm sorry this happened to you" does not provide the help they need to get back on their feet. "How can I help?" is a better question. It allows them to engage in a conversation about their needs and what they might do next. "I'm sorry this happened to you" doesn't help them deal with the situation. "How can I help?" is a more effective way to show support.

DOING SOMETHING LIKE CALLING AND CHECKING ON A CUSTOMER FOR THEM. BE SURE TO GET PERMISSION FIRST!

ASK IF YOU CAN HELP REDUCE WORK STRAIN. LET THEM KNOW WHAT THEY CAN EXPECT WITH REGARD TO FUTURE ABSENCES AND POSSIBLE MOOD CHANGE.
Know Your Legal Rights

Who to Tell About Healthcare 21 Business Coalition

WWW.HC21.ORG

Health care begins with you and the decisions you make about your health. Use this Guide to learn more about health care quality to help you and your family members make educated decisions about your care. We believe it is important to provide user-friendly information on health care quality in Tennessee. The HealthCare 21 Business Coalition is a non-profit organization focused on improving the cost and quality of health care in Tennessee. This will allow for the best treatment/procedure? Is there any information I can read about this treatment/procedure? If I have questions during treatment and my doctor isn't available, who can I contact?


DON'T

DONATE SOME OF YOUR UNUSED PAID LEAVE, such as bringing them up to speed on new project or meeting your family during holidays. DONATE SOME OF YOUR UNursed PAID LEAVE To help them if they have used all of theirs.

DON'T just drop in total without calling about it. DON'T visit if you are feeling sick. DON'T engage in personal calls — they are in need of rest.

WHEN YOUR EMPLOYER

SUPPORTING A FRIEND OR LOVED ONE

WHAT TO TELL: Believe that you are protected by federal laws such as... WHAT TO DO: "I'm sorry this happened to you" "If you ever feel like talking, I'm here to listen." OFFER HELP: www.cancer.org... CHECK-IN: Be sure to get permission first!

COWORKER

REHABILITATION ACT

AMERICANS WITH DISABILITIES ACT

FAMILY AND MEDICAL LEAVE ACT

WHAT TO SAY

CAREGIVER'S CHECKLIST

TYPEDS OF TREATMENT

Surgery

Radiation Therapy

Chemotherapy

Targeted Therapies

Complementary Methods

Alternative Treatments

Clinical Trials

TESTING TO GET YOU THE BEST TREATMENT

Know as you are to plan your health care to plan wash. You may find that you are more likely to have a healthy lifestyle, and to be more comfortable when you're going through cancer treatment. Be sure to talk to your doctor about your health care needs and options. Because cancer, more treatment, isn't always better.

CANCER HITS HOME

TALKING TO YOUR EMPLOYER

SUPPORTING A FRIEND OR LOVED ONE

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ABOUT HEALTHCARE 21 BUSINESS COALITION

AMERICANS WITH DISABILITIES ACT (ADA)

FAMILY AND MEDICAL LEAVE ACT (FMLA)

REHABILITATION ACT

QUALITY CANCER CARE

THE BASICS

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SOURCE: AMERICANS WITH DISABILITIES ACT

THE PROBLEM

SUPPORTING A FRIEND OR LOVED ONE

WHEN CANCER HITS CLOSE TO HOME

Decision Tools to Make a Difference After a Cancer Diagnosis

CONSUMER GUIDE ON CANCER 2017-2018

YOU'VE BEEN DIAGNOSED. NOW WHAT?

1.7 MILLION

 american cancer institute

400 COMMON WISE

WELLING, MD 20818

INTERNATIONAL COUNCIL OF ONCOLOGISTS

Cancer 2017-2018

1.7 MILLION

don't

Don't

Don't
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You cannot be fired for being sick. Contact your HR Department for specific details and information, but know that you are protected by federal laws such as…the Americans with Disabilities Act (ADA). A boss can become a source of hope and support for cancer patients. They may be a good source for advice on what to expect and how to best communicate their diagnosis to coworkers and supervisors. To help them understand your situation, you may want to explain any leave of absence you might be taking or sick days, if any. Explain the process of your treatment and any expected mood and productivity shifts. Let them know what they can expect with regard to future absences and possible mood swings. Only tell as much as you want to and do so in a direct manner. Ask family and friends to join you and your loved one for lunch hour. Ask for their support by doing something like calling and checking on a regular basis, and then follow through with it.

WHO TO TELL

Talk to your loved one as a reachable family member. Invite the child to share her concerns and difficulties in a non-judgmental environment. Give her space to work through her emotions. And when she’s ready, you can help her to speak up—maybe sooner than you expected. Before starting treatment, and to ensure the quality of cancer care they receive, many patients talk to their doctors about how to stay well and find the care that is right for them. HealthCare 21 Business Coalition is a non-profit organization focused on improving the cost and quality of health care in Tennessee. We believe it is important to provide user-friendly information on health care, including the latest treatments, tests, and medications. We also provide resources to help patients and their families make informed decisions about their health care. Visit www.HC21.org for more information.

THE BASICS

When Cancer Hits Close to Home

Decision Tools to Make a Difference After a Cancer Diagnosis

1.7 million

There is not one person who hasn’t been affected

Supporting a Friend or Loved One

TALKING TO YOUR EMPLOYER

WHO TO TELL

YOUR SUPERVISOR

It is the job description of your supervisor to act as a source of hope and encouragement. They are also likely to play a role in the management of your work environment.

YOUR HR DEPARTMENT

Your HR department will have information on workplace policies and can help you understand your rights as an employee with a cancer diagnosis. They may also be able to help you with other matters, such as long-term leave of absence or changing your work schedule.

WHAT

Once your course of treatment has been chosen, you will have the most important aspect to consider: what you want to do with your time. In general, most people take a break from work for a while. Use what you can to do as much as you can of the work you love. The key is to find a balance between work and relaxation. You may want to try to work part-time, but if you are unable to do so, you may consider finding a new job or changing your work hours. Make sure you have a support system in place. This can include family, friends, or other people who are going through similar experiences. It is important to remember that your health comes first. Know that the job you have may change, but it does not have to end. Seek out information about your workplace benefits and options. Explore your options for returning to work and make a plan to do so. HealthCare 21 Business Coalition is a non-profit organization focused on improving the cost and quality of health care in Tennessee. We believe it is important to provide user-friendly information on health care, including the latest treatments, tests, and medications. We also provide resources to help patients and their families make informed decisions about their health care. Visit www.HC21.org for more information.