

# IMPROVING THE CANCER JOURNEY IN POWYS PROGRAMME

## Top 10 Tips for people living with cancer by people living with cancer



Macmillan Cancer Support, Powys County Council and Powys Teaching Health Board are working together on a three year funded programme called Improving the Cancer Journey (ICJ Powys) in Powys to improve the support given to Powys residents locally following a cancer diagnosis. We've been speaking to people living with cancer (PLWC) about their experiences. They've shared their stories and offered some tips and advice to others about what worked for them when going through a cancer journey. They are...

### 1) Take someone with you to all appointments



Medical staff provide lots of information but it's hard to remember everything by yourself. If allowed it can be really good to have someone you trust by your side who can listen too.

### 2) Ask for a copy of paperwork



Having a copy of any letters or documents that give information about a diagnosis, prognosis or treatment is really useful so you can re-read but also share with others including your GP.

### 3) Keep a journal



This can help you to jot down how you are feeling, what your consultant said and can be useful to refer back to ahead of future appointments or to share with family members. OR keep an A4 summary sheet of the major facts, dates, previous meds, treatments & results if a journal isn't for you.

### 4) Take a list of questions



It can help to jot down questions as they arise in between appointments - maybe in your journal or a notepad - so when you sit in front of the consultant you don't go blank or forget what you wanted to ask.

### 5) Take your own notes if alone

If you are on your own visiting a consultant, don't be afraid to get out a pen and pad and take your own notes and ask the consultant to repeat things or explain them in plain language so you understand what's happening.

### 6) Record your consultation



Some consultants are happy for you to record your session on your mobile phone so you don't forget important facts and can share this with family. This can be useful if Covid restrictions mean you have to go it alone. Please do seek permission first though.

### 7) Set up a family What's App group

For family members it can be useful to share key information amongst themselves which the person living with cancer (PLWC) doesn't necessarily need or want to see.

This can be really helpful in saving the PLWC having to repeat themselves several times over to family/friends.



### 8) Feel informed

The language used by all involved in your care can be confusing and it's hard to say "I don't understand what you mean." If you feel unsure about anything to do with your diagnosis, prognosis or treatment plan just ask until you feel informed and clear.

### 9) Get a HNA

Following a cancer diagnosis a holistic needs allows a person diagnosed with cancer to consider their key concerns via an easy to complete checklist. Once completed a trained link worker chats through concerns and creates a plan to ensure the person gets the support they want and need. [CALL US](#)



For more information about the ICJ Powys programme or how to get a HNA (holistic needs assessment) you can email, call or visit our webpage :



[ICJPowys@powys.gov.uk](mailto:ICJPowys@powys.gov.uk)



call 01597 826043 Mon-Fri



visit our webpage by scanning the QR code below or go to:  
<https://www.powysrpb.org/icjpowys>

### 10) Talk to someone



The Macmillan Support Line offers free, confidential support to people living with cancer and their loved ones. If you need to talk, we'll listen.

Call 0808 808 0000 7 days a week  
8am - 8pm

OR you can visit the website to chat online or get more information.

<https://www.macmillan.org.uk/>



Improving the Cancer Journey in Powys programme



GIG  
CYMRU  
NHS  
WALES  
Bwrdd Iechyd  
Addysgu Powys  
Powys Teaching  
Health Board

