

Managing blood cancer between hospital, home and community

It is common for people with blood cancer to feel their 'safety net' has gone when they leave the care of hospital. Adjusting to managing your own health and recovery can bring up many feelings. It's important during this time to find the key people who will help with your ongoing health and well-being.

Common issues experienced may include:

- Financial worries
- Ongoing disruptions to life
- Fear of cancer coming back
- Questions about fertility and starting a family
- Concerns about returning to work / study / sport
- Changed relationships at work or with family and friends
- Altered mood e.g. *anxiety / depression / worry about the future*
- Ongoing side-effects e.g. *peripheral neuropathy / fatigue / medical menopause / changes to memory and thinking / altered libido / low exercise tolerance*

Questions to consider:

- Who do I need to include in my care team now?
- Do I have a GP or someone to coordinate my care?
- What are the plans for my future care? e.g. *tests / reviews / who gets results*
- Who can I contact if I have questions or need reliable information?
- What symptoms do I need to be aware of now and into the future?
- What community support is available to me now?
- Who can I talk to about how I'm feeling?
- How can I best manage my physical / mental and emotional health?

Useful Resources

Leukaemia Foundation
Australian Directory of Health Services
Travel Allowance Schemes
Common Survivorship Issues
Survivorship Care Plans
The Cancer Council – Living Well After cancer
Aboriginal and Torres Strait Islander Resources
Palliative care

click on each resource to follow the link

