

Tips

Tips from the Cancer League

The staff of the cantonal and regional cancer leagues can provide you with social, administrative and financial support. The Swiss Cancer League complements these services with telephone and electronic support:

«Cancer helpline» 0800 11 88 11

Gradual return to work

It is possible to draw up a recovery plan with your doctor and employer, with a staggered workload that is regularly reassessed. Another possibility is a "therapeutic trial" prescribed by your doctor. Staff of the Cancer League can give you more information on this subject.

Psycho-oncology support

It may be impossible to overcome the impact of cancer on your professional life without the help of a specialist. Psycho-oncologists can help you and your loved ones by talking to you. Ask your treatment team for a recommendation.

Further information on this topic

Selection of brochures from the Swiss Cancer League:

- «Working with and after cancer»
- «Cancer - what do social insurances provide»«?»
- «Back to My Everyday Professional Life» (Checklist from the Cancer League)



Back to Professional life

Good to know

The development of cancer therapies is improving survival. The disease or the therapies may cause physical, social or financial problems, which can lead to difficulties in daily life.




Returning to work or finding a new job after treatment is a concern for many patients. First and foremost, it's about ensuring your financial security and finding your way back to your new normality.

Returning to work is different for everyone. There are challenges, problems and benefits. Most of the people concerned say that, despite the difficulties encountered during reintegration, they manage to regain their previous professional abilities.

A successful return to working life is influenced by many criteria: for example, financial resources, health insurance and professional activity.

Think about these issues early on and ask for help if necessary.

Back to Professional life

You feel...	Or you notice...	What you can do for yourself...
	<ul style="list-style-type: none"> You have minimal limitations during treatment You feel able to cope with the intensity of your work You can work during treatment because: <ul style="list-style-type: none"> -You can adapt your working hours - You can adapt the intensity or nature of your work 	<ul style="list-style-type: none"> Pay attention to your body and adjust your work pace if necessary / possible. Talk about your professional situation and your work. Prepare for the next contact with your doctor and write down any questions you have. From a legal point of view, you are free to inform your employer of your diagnosis or not. If you announce your illness, inform your employer of your physical and mental restrictions. Ask for your activities to be adapted. Your doctor can support your request with a medical certificate. Find out about the advice and support available within your company. We recommend that you contact the Cancer League in good time to discuss your situation.
	<ul style="list-style-type: none"> The disease or treatment affects your physical abilities for several months You cannot continue your current job, or not to the same extent You fear that you will not be able to cope with the stress and intensity of the work 	<ul style="list-style-type: none"> Discuss your professional situation and a progressive reintegration plan with specialists from the Cancer League. Registering with the invalidity insurance scheme as a precautionary measure may open up opportunities for professional reintegration. Inform the treatment team of your limited capacity for work. A medical certificate stating your limitations can help you to discuss adjusting your working hours with your employer. Discuss your situation with a psycho-oncologist. Other people involved in self-help groups can also help you find solutions.
	<ul style="list-style-type: none"> You have lost your job or you fear losing it Your physical capacities are affected in the long term and you cannot continue your current professional activity or not to the same extent 	<ul style="list-style-type: none"> Contact the Cancer League. A professional can support you in discussions at your place of work and can also introduce you to other support services and their contact details.