

## Tips

### Tips from the Swiss Cancer League

The staff of the cantonal and regional cancer leagues can provide you with administrative and financial help (e.g. assistance for households, support with social insurance, discussion groups, contact with employers...). The Swiss Cancer League also offers telephone and online support:

- **«Cancer helpline»** 0800 11 88 11

### Gradual return to work

You can make a plan for returning to work with your doctor and employer. This plan can include a gradually increasing workload that is regularly reviewed. Another option is to try returning to work as part of a "therapeutic test", prescribed by your doctor. Staff of the Swiss 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 (a healthcare professional who helps people with cancer and their family cope with the emotional and psychological difficulties associated with the disease) can help you and your loved ones by talking to you. Ask your healthcare team for advice.

### Further information on this topic

- **«Back to Work After Cancer»** (Marie Keating Foundation)
- **«Back to My Everyday Professional Life»**  
 (Checklist from the Cancer League)

This brochure was produced in collaboration with patients and experts.  
 Further information can be found on the website.



## Back to Professional life

### Good to know

The development of cancer therapies is improving survival. But the disease or the therapies may cause physical, social or financial problems, which can make daily life difficult.




Many patients worry about going back to work or finding a new job after treatment. First and foremost, it's about making sure you're financially secure while getting back to your new normal life.

Returning to work is different for everyone. There are challenges, problems and benefits. Most people say that, even though they had difficulties when they get back into work, they managed to work again as before.

Many factors influence a successful return to work, such as money, health insurance and the job itself. Think about these issues early on and ask for help if you need it.

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"> <li>You don't have many limits while you're being treated</li> <li>You feel you can handle the demands of your job</li> <li>You can work during your treatment because: <ul style="list-style-type: none"> <li>-You can choose to work different hours</li> <li>-You can change how hard or easy your workload is</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Pay attention to your body and change your work pace if you need to.</li> <li>Talk with your doctor about your job and your work. Prepare for the next appointment with your doctor and write down any questions you have.</li> <li>The law says you can choose to tell your employer about your diagnosis or not.</li> <li>If you tell your employer about your diagnosis, inform him or her of your physical and mental restrictions. Ask for your activities to be adapted. Your doctor can support your request by giving you a medical certificate.</li> <li>Find out about the advice and support available in your company. We recommend you to contact the Swiss Cancer League in good time to discuss your situation.</li> </ul>
	<ul style="list-style-type: none"> <li>The disease or treatment affects your energy or physical well-being for several months</li> <li>You can't keep doing your current job, or not to the same level.</li> <li>You are worried that you will be unable to handle all the stress and intensity of the work</li> </ul>	<ul style="list-style-type: none"> <li>Talk to specialists from the Swiss Cancer League about your job and how you can gradually return to work.</li> <li>They can register you with the invalidity insurance scheme. This could help you get back into work.</li> <li>Let the healthcare team know that you are finding it hard to work. A medical certificate stating your limitations can help you to discuss adjusting your working hours with your employer.</li> <li>Talk to a psycho-oncologist. You can also get help from other people in self-help groups.</li> </ul>
	<ul style="list-style-type: none"> <li>You have lost your job or you fear losing it</li> <li>Your energy or physical well-being are affected in the long term and you cannot carry on with your current job or not in the same way</li> <li>You are self-employed and worried about your financial situation.</li> </ul>	<ul style="list-style-type: none"> <li>Contact the Swiss 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.</li> </ul>