

## Tips

### Palliative Care

The Swiss Society for Palliative Medicine, Care and Support provides advice and information. You can find details of services in your region on the Palliativkarte.ch website. Some cantonal cancer leagues have affiliated palliative care services.

### Helpful URL's:

these further information are available in French, German or Italian

- [«https://www.prosenectute.ch/de.html»](https://www.prosenectute.ch/de.html)
- [«https://www.krebsliga.ch/ueber-krebs/palliative-care/»](https://www.krebsliga.ch/ueber-krebs/palliative-care/)
- [«https://www.palliative.ch/de/»](https://www.palliative.ch/de/)
- [«https://palliativkarte.ch/versorgung»](https://palliativkarte.ch/versorgung)

## Help at home

### Good to know

Everyday life can be challenging for people with cancer and their families. Tasks that were once easy can become more challenging during and after treatment, and after a hospital stay. Support can also be helpful long after treatment has finished due to long-term effects of cancer and its treatment.

Your GP can prescribe home care services. In addition, you will be reimbursed for costs of home care according to your insurance contract. However, you may have to pay for some domestic help yourself.

It may be helpful to order food and other everyday items online and have them delivered to your home.

This leaflet contains a list of various support services and their contact details.



## Help at home - Information

| Topic                                          | URLs, telephone numbers                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Description of the service                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Access to aids                                 | <ul style="list-style-type: none"> <li>• <a href="https://www.spitex.ch/">https://www.spitex.ch/</a></li> <li>• Tel. 0842 80 40 20</li> <li>• <a href="https://www.prosenectute.ch/de/dienstleistungen/hilfen/hilfen-zu-hause.html">https://www.prosenectute.ch/de/dienstleistungen/hilfen/hilfen-zu-hause.html</a></li> <li>• Search online using the keywords “medical aids Switzerland”</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Spitex</b> provides nursing care at home. You can hire or purchase walking aids, commode chairs and nursing beds from the medical aids centre. These costs are partly covered by health insurance funds, IV or AHV.                                                                                                                                                                                                                    |
| Incontinence products                          | <ul style="list-style-type: none"> <li>• Search online using the keywords “incontinence products Switzerland”</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Some suppliers offer telephone consultations. You can purchase products with or without a prescription from a doctor.                                                                                                                                                                                                                                                                                                                     |
| Transport and assistance services              | <ul style="list-style-type: none"> <li>• <a href="https://www.redcross.ch/de/unser-angebot/unterstuetzung-im-alltag">https://www.redcross.ch/de/unser-angebot/unterstuetzung-im-alltag</a></li> <li>• <a href="https://www.prosenectute.ch/de/dienstleistungen/hilfen/mobilitaet.html">https://www.prosenectute.ch/de/dienstleistungen/hilfen/mobilitaet.html</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                 | The <b>Red Cross</b> cantonal associations and <b>Pro Senectute</b> organise transport services for a small fee. The Swiss Red Cross can put you in contact with care and respite services. For more information, please contact your local council, Spitex or your GP.                                                                                                                                                                   |
| Finance and Insurance                          | <ul style="list-style-type: none"> <li>• Social services at treatment centres</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | If you are facing financial difficulties or have questions about insurance, the treatment centre’s social services team can provide you with early support.                                                                                                                                                                                                                                                                               |
| Cancer League: Support for patients and carers | <ul style="list-style-type: none"> <li>• Cancer Info helpline: 0800 11 88 11</li> <li>• <a href="https://www.krebsliga.ch/beratung-unterstuetzung">https://www.krebsliga.ch/beratung-unterstuetzung</a></li> <li>• Chat: <a href="https://www.krebsliga.ch/chat">www.krebsliga.ch/chat</a></li> <li>• Email: <a href="mailto:krebsinfo@krebsliga.ch">krebsinfo@krebsliga.ch</a></li> <li>• WhatsApp: DE: 031 389 92 40, FR: 031 389 92 41, IT: 031 389 92 42</li> <li>• <a href="https://www.krebsliga.ch/beratung-unterstuetzung/regionale-krebsligen">https://www.krebsliga.ch/beratung-unterstuetzung/regionale-krebsligen</a></li> <li>• <a href="https://peerplattform.krebsliga.ch">https://peerplattform.krebsliga.ch</a></li> <li>• <a href="https://www.krebsliga.ch/region">www.krebsliga.ch/region</a></li> </ul> | The <b>Cancer League</b> provides free, anonymous and impartial advice on general cancer-related matters to patients and their families. It provides straightforward access to quality-assured services, such as assistive devices, and offers support with financial and organisational matters. The peer support platform connects people with others who have personal experience of cancer. All of these services are free of charge. |
| Self-help groups                               | <ul style="list-style-type: none"> <li>• <a href="https://www.selbsthilfeschweiz.ch">www.selbsthilfeschweiz.ch</a></li> <li>• <a href="https://www.swisscapa.org/de/mitgliederorganisationen/">www.swisscapa.org/de/mitgliederorganisationen/</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Sharing experiences, concerns and advice with others affected by cancer can be helpful.                                                                                                                                                                                                                                                                                                                                                   |
| Support for English-speaking people            | <ul style="list-style-type: none"> <li>• <a href="https://www.cancersupport.ch/">https://www.cancersupport.ch/</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Cancer Support Switzerland</b> supports cancer survivors and their families / informal carers.                                                                                                                                                                                                                                                                                                                                         |