



cancer league

Back to My Everyday Professional Life

The Cancer League's Guide for Cancer Survivors at Work



Finding the Way Back to my Everyday Professional Life

Each Cancer is Unique

There isn't just *one type* of cancer. Each person reacts individually to the disease and deals with the situation in a very personal way.

What Your Professional Environment May Not Necessarily Know

Cancer leaves its mark. The physical and psychological constitutions are changed. Cancer survivors report fatigue and difficulty concentrating. They may not be as resilient as they were before for a while.

It may be that not all in your professional environment are aware of your condition. Or, that they are unsure of what to expect when you return to work.

It Concerns You

Proactive and honest communication with managers, supervisors and the team about your needs contribute to the success of your return to work.

Your managers, supervisors, team and the human resources department will assist you in this challenging time.

What Makes the Return to Work Easier for Cancer Survivors

Checklist for Cancer Survivors at Work

- I make sure I already start thinking about my return to the workplace during my treatment and I inform myself about the relevant occupational guidelines.
- What would I like to tell the team about my condition and what do I *not* want to share? I prepare a kind of internal standard text in advance.
- Who else would I like to be informed and should I inform them? What type of information would I like to provide? When and how should this be done? My supervisor/manager or my human resources manager can help me with this clarification.
- The team, supervisors and managers might respond to my return to work in a reserved manner. I may have to make an effort to understand this, because they could also feel insecure in this situation.
- If I have concerns that I will no longer be able to continue working as before, then I will speak openly about my needs and any work performance limitations.
- Even if it is not easy for me: I take the first step and ask for support when returning to work.
- Should my return to work become difficult, I contact the disability insurance in my canton of residence as soon as possible. They can provide reintegration support measures for me (and my employer). I may also contact my cantonal or regional cancer league for advice.



cancer league

We are here to help:

Your Cantonal or Regional Cancer League

www.krebsliga.ch/region

Free Cancer Hotline

Mon-Fri, 9-19h

0800 11 88 11

Presented by Your Cancer League