

# Work and cancer

Receiving a diagnosis for cancer or undergoing treatment can cause a wide range of feelings. There's no right or wrong way to feel and everyone will have different ways of coping.



We know that for some people, continuing to work during treatment is important. It can help give you a focus, stay connected with colleagues and keep a sense of normality. We also understand working may not be an option for everyone. It will depend on your health, treatment and occupation, as well as how you're feeling.

If you're not ready to return to work, we recommend keeping in regular contact with your employer as this can be helpful when you're ready to start planning a return. If you do choose to work during treatment, we're committed to supporting you with any planning or guidance needed. This also usually means the continued payment of full benefits, or proportionate benefits while you undertake some form of appropriate work.



## Useful resources

### Macmillan Cancer Support

Guidance on commonly asked questions around work and cancer

### NHS Inform

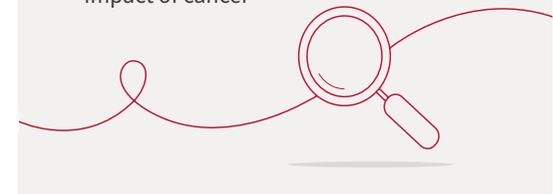
Learn more about the practical issues of working with cancer

### Maggie's

Maggie's is a charity providing free cancer support and information in the UK

### Cancer Research

Organisations, support groups and resources to help deal with the mental impact of cancer



## How can we help

Our team of experienced rehabilitation consultants, most of whom are registered nurses, are skilled in supporting people back into work. We know that most employers are willing to support their employees. Our rehabilitation consultants work alongside you and your employer to develop a supportive plan, with adjustments, aimed at supporting you both during treatment and recovery.

When working through treatment, or returning to work following treatment, we know there are certain things that may concern you and we can help you manage these:



If you're affected by fatigue, working reduced hours on a flexible basis, taking regular frequent breaks, adjusting your workload and reducing targets can help.



It is not unusual to experience anxiety, cognitive issues, changes in appearance or loss of confidence. Having a supportive plan and regular reviews with your line manager can help you manage these issues.



Working from home may help with fatigue, managing pain or discomfort, reducing risk of infection and anxiety. It can allow you to be more flexible and avoid your journey to work.



You may have pain or discomfort so you may need to adjust your hours and workload. It's also important to make sure you have the correct equipment to work with. For example, ensuring your desk or computer are suitable for your needs.



You may need to attend regular appointments, have periods in your treatment cycle when you can't work, or be worried if you should inform your colleagues to help manage their expectations. Working with our rehabilitation consultants and your employer can help to prepare for these issues, helping you to work when you feel able to.



Our rehabilitation consultants can work with you and your employer to agree a flexible supportive plan. This can make a big difference if you choose to work during treatment or recovery. Get in touch with us to find out more about our return to work support.



## Get in touch

Call us  
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More information is available on our website: [www.canadalife.co.uk/workplace-protection](http://www.canadalife.co.uk/workplace-protection)

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