

Survivorship

Wellington Division
of the
Cancer Society of New Zealand

Stages of Survivorship

- From the beginning
 - at diagnosis ?
- At the end
 - after treatment ?
 - after specialist discharge ?

I'm a survivor

- As long as I am alive I **am** a survivor
- Resilience
 - "I will survive"

Themes

- Information
 - Honesty
 - Empowerment
 - Documentation

Themes 2

- Support
 - People
 - Organisations
 - Resources

Communication

- Skill required

Consequences

- Survival with a smile
- Health
 - Adverse effects of tumour or treatment
 - Second malignancy
 - Access to services
 - Self care
 - Exercise, exercise

Consequences 2

- Spiritual and Emotional
 - Ghosts
 - "Can't get you out of my head"
 - How to banish them?
 - Depression
 - Chemobrain

I'm Still Standing

- Don't you know I'm still standing better than I ever did
- Looking like a true survivor, feeling like a little kid
- I'm still standing after all this time
- Picking up the pieces of my life without you on my mind

Music by Elton John
Lyrics by Bernie Taupin