

Survivorship: Life After Cancer

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Franciscan Health



CANCER SUPPORT
COMMUNITY
INDIANA



About CSC Indiana

- Began in 1982 as The Wellness Community
- Renamed to CSC Central Indiana in 1995
- In 2021, transitioned to CSC Indiana – encompassing the whole state
- 190 network locations of Gilda's Club/Cancer Support Community
- Partnerships with 5 local health systems
- We provide psycho-social support for patients, caregivers and children impacted by cancer for FREE
- Our goal is to be with the *whole* family, the *whole* time...with, through, and beyond cancer – this means into survivorship!



OUR IMPACT

- Services provided at different locations around the state. Locations include:
 - Franciscan Health
 - *Indianapolis, Lafayette, & Mooresville*
 - Community Health Network
 - *North, East, South, and Anderson*
 - Hendricks Regional Health
 - *Avon & Danville*
 - Bloomington - IU
 - Eskenazi Health
 - YMCAs of Greater Indianapolis
 - IU Simon Cancer Resource Center
 - Riley Hospital for Children
 - VA Hospital



5150 W. 71st Street, Indianapolis IN 46268

Survivorship Concerns

What is there to address about life after cancer?

Adjustment concerns

- In survival → survivor

Spiritual concerns

- Spiritual crisis. Why me?
- Meaning and purpose?

Emotional concerns

- Guilt, anger, sadness, fear

Relationship/Social concerns

- Who are my supports?
- Family & work life
- Intimacy & sexual dysfunction

Identity concerns

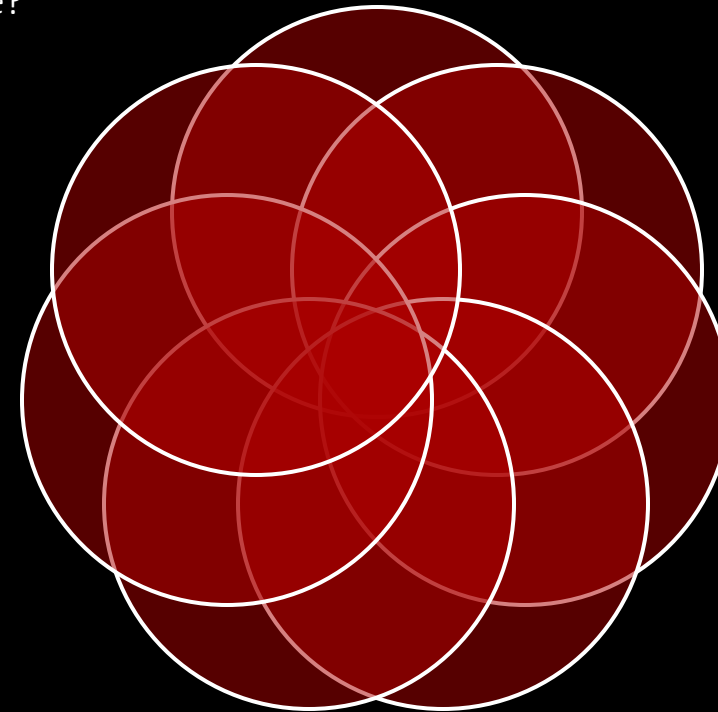
- Who am I after cancer?
- Body image
- “New normal”

Financial concerns

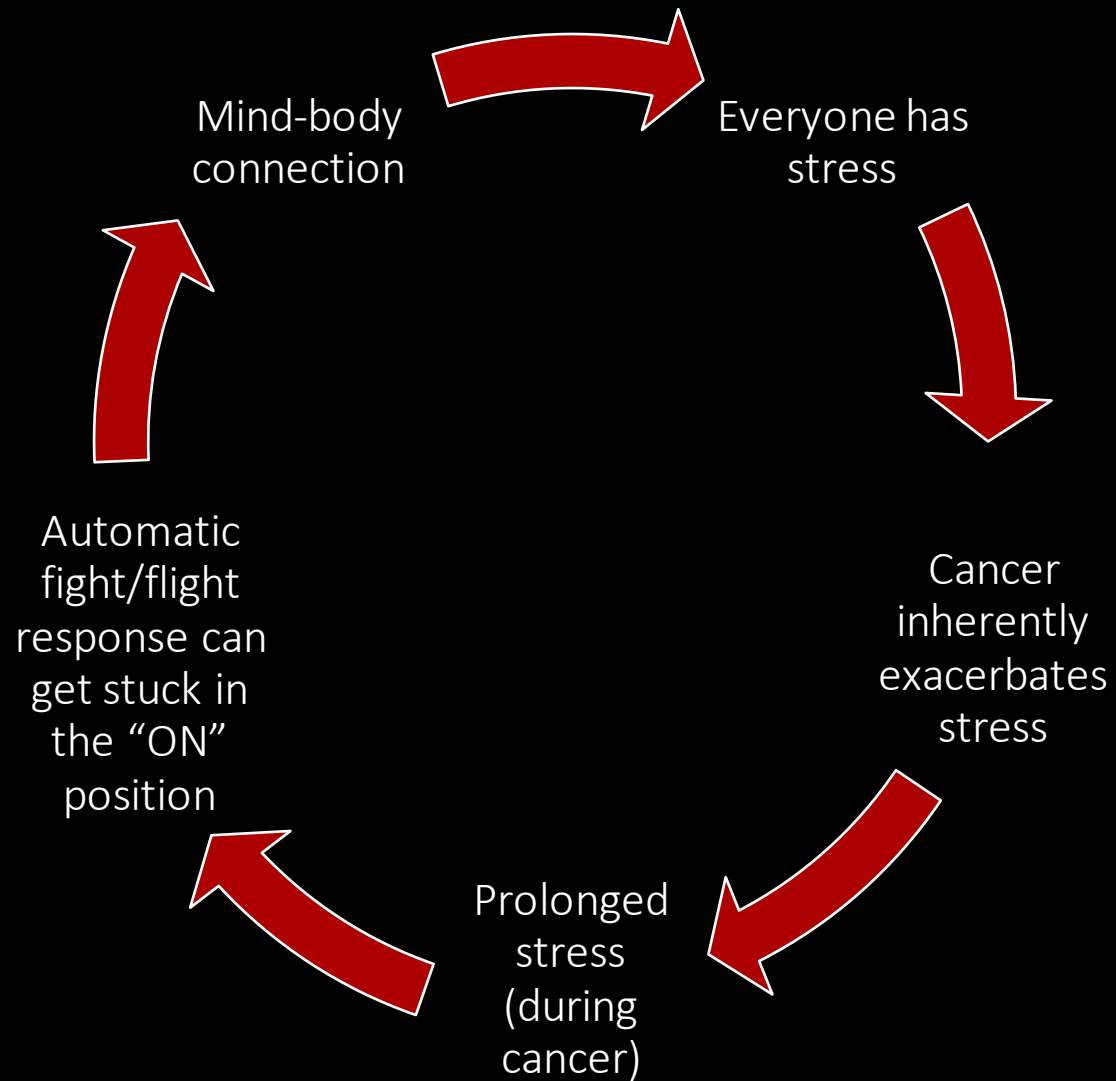
- Cost of treatment

Physical concerns

- Side effects & late effects

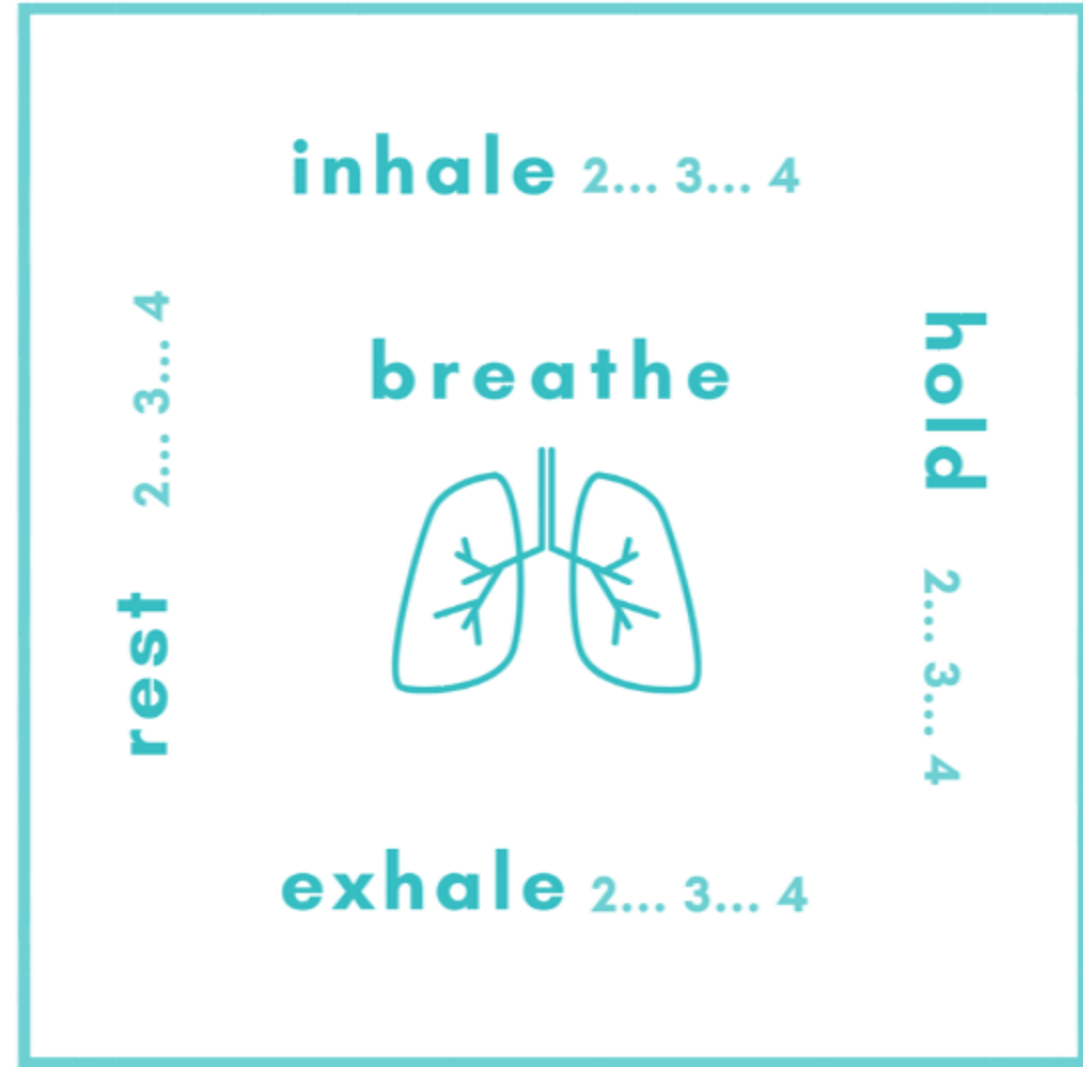


Survivorship STRESS – the common thread



BREATHING BREAK

SQUARE BREATHING



LIVING WITH, THROUGH, & BEYOND CANCER

- The American College of Surgeons Commission on Cancer, National Cancer Institute at the National Institute of Cancer Care, & Cancer Support Community Global all suggest that **survivorship programming is a vital component to comprehensive cancer care.**
- Increased **quality** of life & in some cases **quantity** of life





WHAT IS SURVIVORSHIP PROGRAMMING?

WELLNESS



EDUCATION



SOCIAL CONNECTIONS



INFORMATION, ASSISTANCE & REFERRALS



SUPPORT





WELLNESS

Researchers have found that cancer patients who engaged in mind/body programs experience greater health outcomes than those who did not.

Examples of Wellness classes at CSC:

- Cooking for Wellness
- Yoga
- Group Exercise Classes
- 1:1 personal training
- Walking Club



EDUCATION

- Designed to empower people with information to help them make appropriate decisions that affect their health, economic status and family.

Examples of Education programs at CSC:

- Frankly Speaking About Cancer
- Occupational Therapy
- Survivor's Summit
- Nutrition education workshops

SOCIAL CONNECTIONS

- Having someone who truly understands the fear and challenges of a cancer diagnosis is vital to strengthening & sustaining cancer patients in their journey.
- Chance for patients & caregivers to interact socially

Examples of Social Connections programs at CSC:

- Holiday Party
- Garden Club
- Ice Cream Social
- Healing Moments
- Crafter's Corner
- Book Club
- Coffee & Coloring club
- MyLifeline





INFORMATION, ASSISTANCE & REFERRALS



Provide and point people in the right direction around any and all of their questions related to cancer



Extensive resource library available to those who visit the building



Extensive online resources available through CSC HQ



Work with all local and national organizations that work with cancer patients and their families



SUPPORT

- Support Groups & Individual Counseling helps fight isolation, lower depression, enhance quality of life & instill hope
- Chance to learn from one another
- Giving and receiving support

Support Groups include:

- Patient Support Groups
- Caregiver Support Groups
- Living with Loss
- Breast Cancer Support Group
- Prostate Cancer Support Group
- LGBTQIA+ Support Group
- Strength in Sisterhood Group
- Moving Beyond Program



moving **beyond** *thriving after treatment*

For information contact Kayla Epplin, MSW, LCSW at 317-499-3077
or email movingbeyond@cancersupportindy.org



FREE, 8-week program

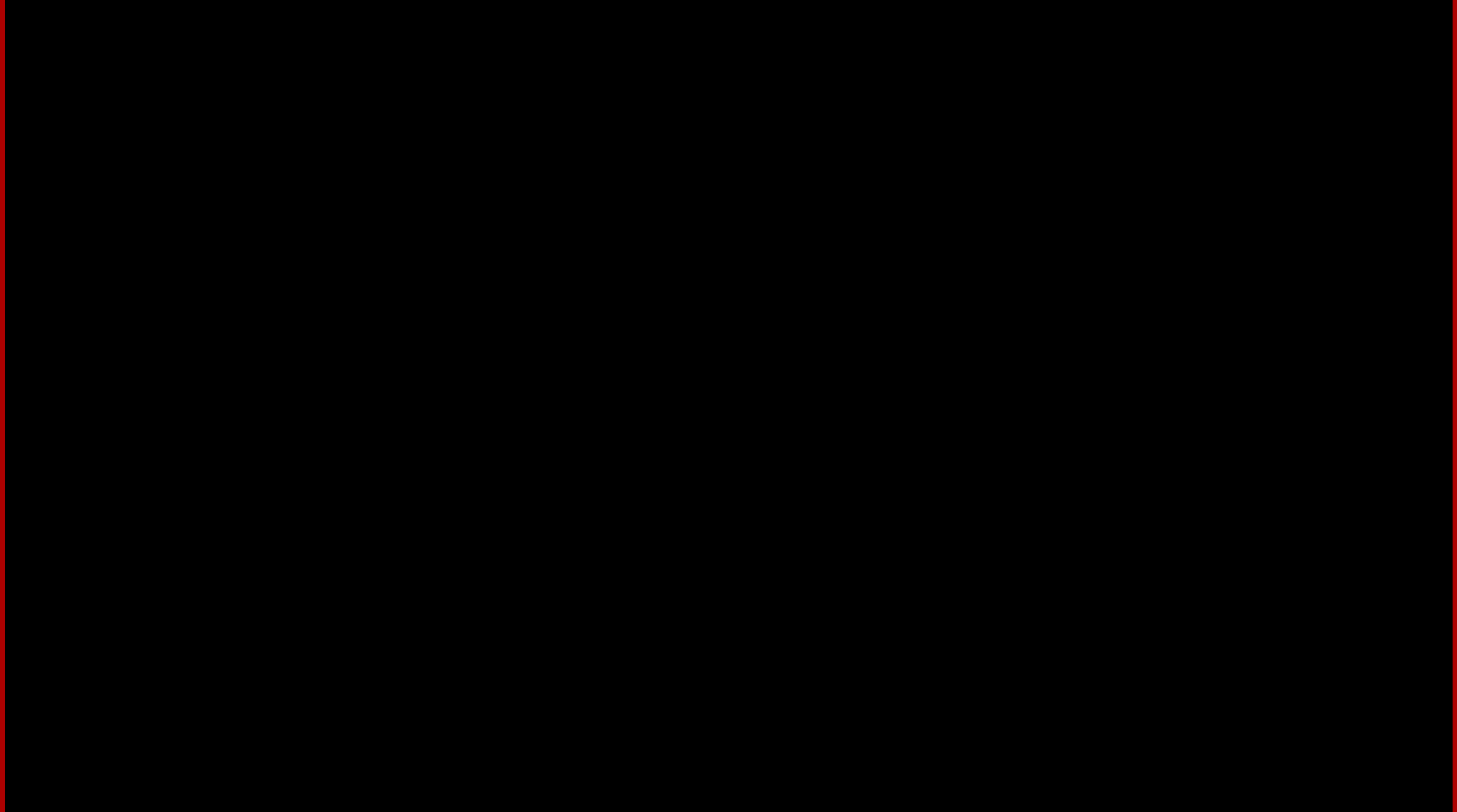
Offered virtually AND in-person

Geared towards folks in survivorship

Topics include:

- Understanding Your Survivorship
- Moving Beyond with Good Nutrition
- Emotional Well-Being
- Symptoms & Side Effects Management
- Spiritual Well-Being
- Self-Care
- Well-Being & Relationships
- Your Medical Team & You

The impact of Moving Beyond: Martha's story





CANCER SUPPORT
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WANT TO GET INVOLVED?

- Refer individuals & families
- Volunteer
- Call 317-257-1505 for more information
- Visit our website:
<http://cancersupportindy.org/>
- Email:
KaylaEpplin@cancersupportindy.org

References

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CANCER SUPPORT COMMUNITY INDIANA

So that no one faces cancer alone.®

