

[TRACK 6: CONCLUSION]

Conclusion

[Narrator]

In summary, remember that you have been solving problems every day of your life. With understanding and practice, you can solve problems that are related to your cancer. To begin with, you must understand the importance of problem-solving in your cancer experience. Then you can identify skills you need for problem-solving. Finally, by using the five-step process covered in this program, you can begin to make progress in your situation. As you do, you will build confidence in your abilities and improve your healing process.

[Narrator]

Please refer to the booklet that came with the Cancer Survival Toolbox for a list of nationwide resources specifically for cancer survivors. Two organizations that you may want to contact are:

- The National Coalition for Cancer Survivorship, which has free booklets on remaining hopeful after a cancer diagnosis, advocating for yourself and others, working with your health care team to make sure your needs are met, navigating insurance issues, and understanding your employment rights. NCCS can also provide you with information on cancer survivorship issues. The NCCS number is 1-888-650-9127, or visit www.canceradvocacy.org; www.c.a.n.c.e.r.a.d.v.o.c.a.c.y.org.
- The Counseling Line from Cancer Care at 1-800-813-HOPE, for one-on-one counseling, telephone support groups, and referral to other referral services. Their number again is 1-800-813-H-O-P-E or 1-800-813-4673.

This is the end of the Cancer Survival Toolbox program entitled “Solving Problems.” You may also want to listen to other Toolbox programs such as “Communicating,” “Finding Information,” or “First Steps for the Newly Diagnosed.”