

[TRACK 6: CONCLUSION]

[Narrator]

So in summary, learning and practicing the basic skills covered in these Cancer Survival Toolbox programs will help you to be better able to communicate so that you can ask the right questions, get answers that you understand and convey your needs to the right people. To find information so that you can gather the best resources for you and your situation; to make decisions so that you can make choices that seem best for you. To solve problems so that you know your options through careful and thoughtful planning; to negotiate so that you can agree on decisions that affect your life; and to be your own best advocate. Nobody is prepared for a cancer diagnosis and there is nothing easy about dealing with cancer. But if you or a loved one has received a cancer diagnosis, you need not give up. Use the skills we have explored in this Toolbox. As you do you will see them as sources of stability, strength, and hope. Our best wishes go with you.

[Narrator]

As a final note, 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, insurance issues, and employment rights. NCCS can also provide information about cancer survivorship issues. Their number is 1-888-650-9127, or visit www.canceradvocacy.org;
- The Patient Advocate Foundation's help line at 800-532-5274, for personalized assistance for many insurance, employment, and financial issues.

[Narrator]

This is the end of the Cancer Survival Toolbox program entitled "Standing Up for Your Rights." You may also want to listen to other Toolbox programs such as "Making Decisions," "Negotiating," and "Living Beyond Cancer."