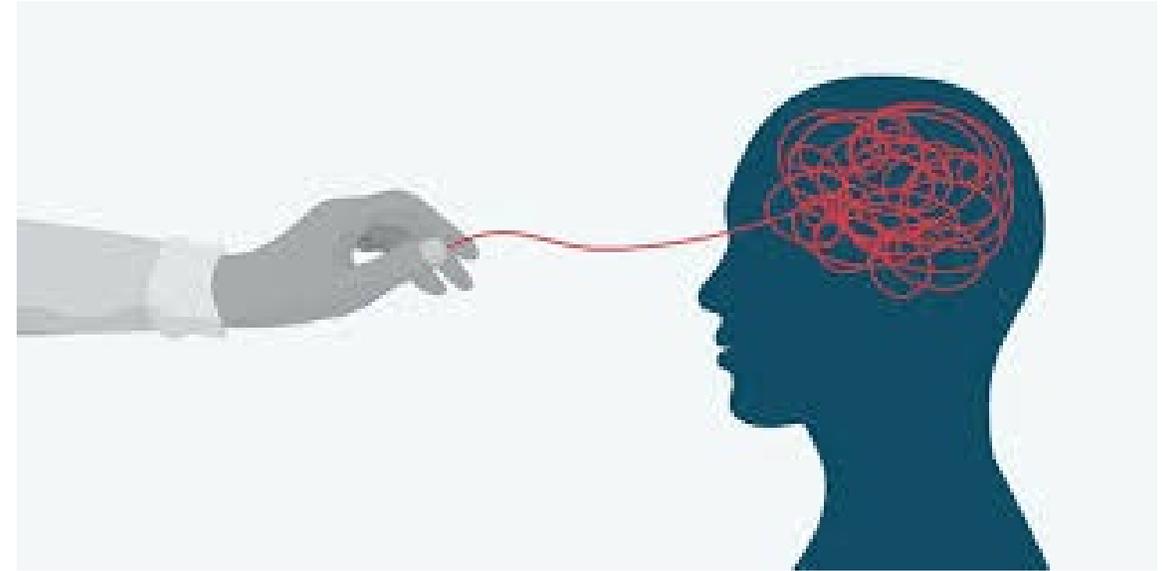


Communicating Through Cancer

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January 18, 2023



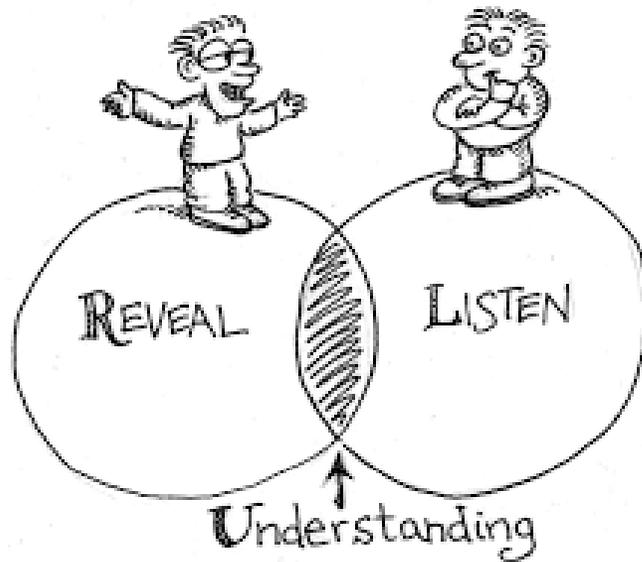
Communication
What does it mean to you?



Patient

What does it mean to
you?

- University of Notre Dame Dictionary defines it as such:
- **Patient (From Latin)**
 - To Suffer
 - To Endure
 - To Permit
 - To Allow



Understanding how we think about communication and our ideas about being a patient set the tone for how we discuss cancer with the people in our lives.

Allow
Yourself to
Feel **ALL** the
Feelings



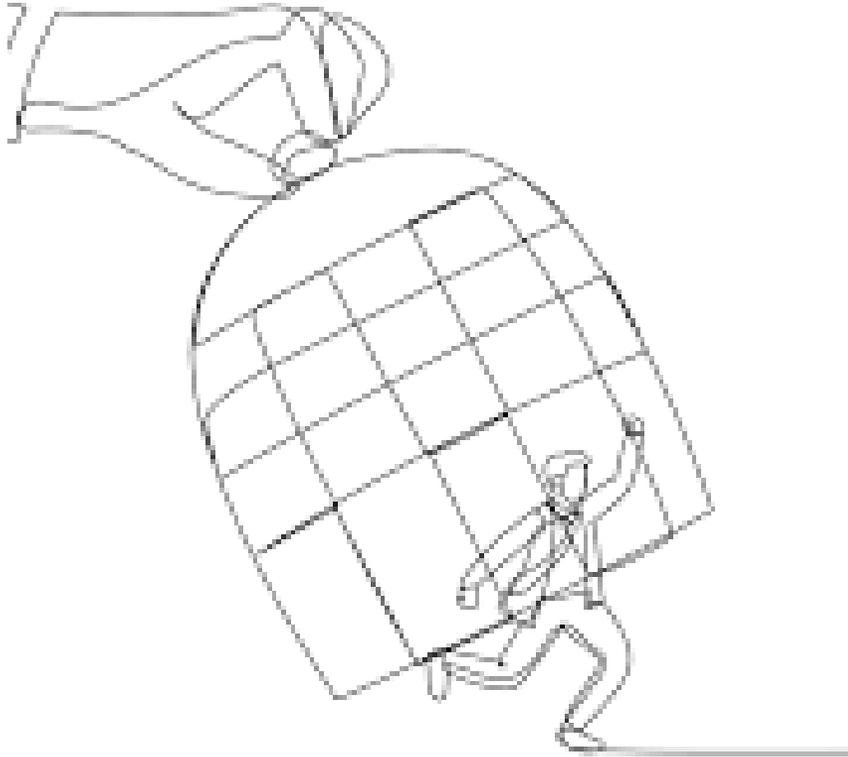
What are the challenges in sharing your feelings?

- Vulnerability
- Fear of being a burden
- Not all feelings are pretty
- Feeling like you need to protect your loved ones



Prison of Positivity

- Being real about your feelings does not mean you are not hopeful.
- You do not owe your story to anyone.
- It is OK to be angry, scared, or sad.



Communication Strategies

- Open journal- Patient and Caregiver write entries and the journal is available to be read and written in by both parties
- Set aside time for intentional conversation without distractions
- Include outside friends/family in conversations as necessary
- Take turns asking each other questions using conversation prompts

- Be open and honest with one another
- Patient can tell caregiver if too much or too little care is being given
- Caregiver can tell patient if they are feeling overwhelmed
- Use “I” statements
 - “I feel overwhelmed”
 - “I am so sad this is happening.”
- Discuss changes in the relationship
- Allow patient and caregiver to both be involved in care
- Physical contact can lessen sense of isolation

BACK IN MY DAY



**WE DIDN'T HAVE DIFFICULT
CONVERSATIONS
ABOUT COMPLEX TOPICS**

Let's have a
conversation...

Thank you!!!