West Yorkshire and Harrogate Cancer Alliance

NHS

Living with and beyond a cancer diagnosis

Access to Support

A cancer diagnosis can be life-changing, but it's important to know you're not alone.

Personalised Care

We are here to guide you through how and where to access support when living with cancer, this is known as **Personalised Care.**

Prehabilitation

To prepare for treatment, you may be given advice on healthy eating, physical activity and emotional wellbeing, this is known as **Prehabilitation.**

Rehabilitation

This will continue to support you to manage any side effects you may have, such as tiredness and low mood, to help you to live well, this is known as **Rehabilitation**.

Holistic Needs Assessment

During treatment, you will have the opportunity to talk about what matters to you, such as concerns about family, friends, carers and emotional or practical wellbeing. This is known as a **Holistic Needs Assessment,** or **HNA.**

Personalised Care and Support Plan

You will then receive a **Personalised Care and Support plan**, this will tell you where to go to access support closer to home.

Community Support

Within your **community** you will be able to access the support you need, this support could include practical, emotional, financial, employment and housing concerns.

End of Treatment Summary

Care continues after treatment ends, you will receive an **End of Treatment Summary**, outlining your ongoing care, this includes signs and symptoms to look out for.

Cancer Care Review

This supports the healthcare team at your local GP practice offer a supportive conversation, this is known as a **Cancer Care Review**.

Scan to watch video

Follow Up Plan

After treatment you will be offered a **Follow Up Plan** to monitor your health through regular tests, with rapid access to advice if needed.

Community Support

It's ok to ask for help whenever you need it. We're here to support you to live well after a cancer diagnosis.