



INTERACTING WITH SOMEONE WITH CANCER FACILITATOR'S GUIDE

"All too often, we forget about the patient's emotional fight while they're physically fighting their diagnosis. But cancer is a disease of the body, mind, and soul."

~Chris Prestano, thyroid cancer survivor

PURPOSE/BACKGROUND

Knowing what to say to someone who has been diagnosed with cancer can be hard. Talking to someone with cancer often creates fears of saying something inappropriate or making the person upset. As a result, many people talk in whispers or opt to say nothing at all. This lesson will provide tips on proper communication and interaction with someone living with cancer.

TARGET AUDIENCE

People of all ages and abilities who have been touched by cancer are encouraged to attend this lesson.

OPTIMAL GROUP SIZE

This lesson can accommodate both small and large groups as well as in-person or virtual audiences, including a hybrid of face-to-face and virtual.

ESTIMATED PROGRAM TIME

15 to 60 minutes, depending on group discussion

LESSON OBJECTIVES

Because of this program, participants will identify:

- personal fears and uneasiness related to cancer,
- appropriate things to say to someone living with cancer, and
- appropriate things to do for someone living with cancer.

PLAN FOR THE PROGRAM

This lesson highlights ways in which personal fears and values can silence cancer. We highlight tips to help participants speak from their heart and treat those living with the disease "normally." The lesson materials and presentation plan are straightforward. The PowerPoint presentation includes slides and a script with information adapted from the

American Cancer Society and the Cancer Treatment Centers of America. The slides serve as a visual aide and the “notes” section of the presentation includes a script that will help presenters with content delivery and ideas for group discussion and audience participation. To supplement the presentation, the American Cancer Society has a resource guide that you can order and distribute to participants. A post-lesson evaluation aims to measure program satisfaction, knowledge, and behavior intentions. A three-month follow-up evaluation helps to assess behavior change. In addition, the lesson includes a supplemental Extension publication.

POTENTIAL SPEAKER LIST

- Person living with cancer
- Cancer Survivor
- Family member of someone living with cancer
- Social worker
- Hospice personnel
- Religious Official
- Cancer Support Group Leader

LESSON MATERIALS AND REQUIRED SUPPLIES

- Sign-in sheet
- PowerPoint presentation
- Facilitator script (in PowerPoint notes sections)
- Evaluation tool (post-lesson evaluation AND a three-month follow-up evaluation)
- Handouts
 - PowerPoint – can be printed as a handout
 - American Cancer Society resource guide: Caregiver Resource Guide: Caring for a Loved One with Cancer (order directly (1-800-227-2345) or print the PDF from this website: <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/american-cancer-society-caregiver-resource-guide.pdf>)
- Extension publication
 - FCS8-121 Interacting with Someone with Cancer
- Laptop, projector, screen, internet connection (depending on face-to-face or virtual delivery)

PREPARATION

In-Person

- Familiarize yourself with the content: review the publication, PowerPoint presentation (including the script and discussion questions), post-lesson evaluation questions
- Market the lesson through various channels (word of mouth, newsletter, radio, social media, etc.).
- Reserve a room and equipment needed for the program.
- Print sign-in sheet
- Print copies of the publication, PowerPoint slides as handouts (optional), and post-lesson evaluation.
- Gather pens and pencils for completion post-lesson evaluation.

Virtual

- Familiarize yourself with the content: review the publication, PowerPoint presentation (including the script and discussion questions), post-lesson evaluation questions

- Develop plan for online implementation (e.g. Zoom, Facebook Live, Google Classroom), including an online registration procedure.
- Market the lesson and share log-in information with interested and registered individuals.
- Email or mail the publication and any other necessary handouts.
- Establish whether an online survey is required for the evaluation or if paper copies will be mailed and returned.

PROGRAM PROCEDURE

- Welcome audience. Introduce yourself and thank everyone for coming.
- Remind participants to sign-in on the attendance and evaluation follow-up roster.
- Distribute program handouts (PowerPoint, publications, and resource guide if you have it).
- Begin the PowerPoint presentation, and follow the lesson script and discussion.
- Hand out the post-lesson evaluation, instruct participants to complete the evaluation. Allow approximately 5 to 10 minutes.

*Extension specialists Norman-Burgdolf, Kostelic, Ashurst, and Jones will analyze data and distribute county reports.

EVALUATION

Distribute the evaluation tool at the completion of the program OR share the online link. Allow approximately 5-10 minutes. The results will inform a success story. If you need a Qualtrics link for an online evaluation, please contact Dr. Heather Norman-Burgdolf.

(In-person) Collect the evaluations and mail roster and evaluations to:
Heather Norman-Burgdolf, Assistant Extension Professor at heather.norman@uky.edu or
118 Funkhouser Building, Lexington, KY 40506

*Online evaluation will be automatically returned to Dr. Norman-Burgdolf

**Collected data will be analyzed and distributed for individual county reports.

MARKETING

This lesson includes a marketing flyer you can distribute to community partners and/or post to social media accounts.

Newspaper/Newsletter

Knowing what to say to someone who has been diagnosed with cancer can be hard. Talking to someone with cancer often creates fears of saying something inappropriate or making the person upset. As a result, many people talk in whispers or opt to say nothing at all. This lesson will provide tips on proper communication and interaction with someone living with cancer.

The _____ County Extension Office will be hosting a program titled, Kick Kentucky Cancer on INSERT DATE, TIME, and LOCATION and ADDITIONAL DETAILS IF OFFERING THE CLASS VIRTUALLY. Join us for this specific lesson on cancer etiquette. You will learn about and discuss proper communication and interaction with someone living with cancer. Knowing what to say to someone who has been diagnosed with cancer can be hard. Talking to someone with cancer often creates fears of saying something inappropriate or making the person upset. As a result, many people talk in whispers

or opt to say nothing at all. This lesson will provide tips on proper communication and interaction with someone living with cancer. The American Cancer Society and the Cancer Treatment Centers of America suggest various talking points to communicate with someone about their cancer. And most importantly, they stress talking about it in a way that feels most comfortable to you so that you can express care, concern, encouragement, and support. This lesson

Social Media

You are not alone if you do not know what to say or do when someone has cancer. Join us at the _____ County Extension Office on INSERT DATE and TIME to talk about cancer etiquette so that you can find comfortable ways to share your interest or concern, provide encouragement, and offer support to someone you know who is living with cancer. (Attach logo or marketing flyer as an image)

ADDITIONAL EXTENSION RESOURCES

Podcast Episodes

Caring for Someone with Cancer—Recorded August 19, 2021 (Amy and Mindy)

Interacting with Someone with Cancer—Recorded August 19, 2021 (Shelia Fawbash, Amy, & Mindy)

Cancer and Spirituality (Nov. 11, 2021)

<https://podcasts.apple.com/us/podcast/cancer-and-spirituality/id1396511320?i=1000541524720>

Prioritizing Your Mental Health After a Cancer Diagnosis (Nov. 8, 2021)

<https://podcasts.apple.com/us/podcast/prioritizing-your-mental-health-after-a-cancer-diagnosis/id1396511320?i=1000541132993>

Music for Your Health (Oct. 11, 2021)

<https://podcasts.apple.com/us/podcast/music-for-your-health-music-therapy/id1396511320?i=1000538237520>

After the Cancer Diagnosis—Now What? (August 12, 2021)

<https://podcasts.apple.com/us/podcast/after-the-cancer-diagnosis-now-what/id1396511320?i=1000531835463>

Talking with Children About Cancers (July 15, 2021)

<https://podcasts.apple.com/us/podcast/talking-with-children-about-cancer/id1396511320?i=1000528991669>

Sexual Health and Cancer (June 10, 2021)

<https://podcasts.apple.com/us/podcast/sexual-health-and-cancer/id1396511320?i=1000524966542>

Family Caregiver Healthcare Bulletins
Cancer Etiquette. (In editing).

<https://fcs-hes.ca.uky.edu/files/1121-healthbulletin-familycaregiver.pdf>The Power of Anticipatory Grief (2020)

<https://fcs-hes.ca.uky.edu/files/0320-health-bulletin-family-caregiver-ar.pdf>

Uncooperative Care Recipients (2020)

<https://fcs-hes.ca.uky.edu/files/0220-health-bulletin-family-caregiver-ar.pdf>

Join a Caregiver Support Group (2019)

<https://fcs-hes.ca.uky.edu/files/0719-health-bulletin-family-caregiver-ar.pdf>

<https://fcs-hes.ca.uky.edu/files/0619-health-bulletin-family-caregiver-ar.pdf><https://fcs-hes.ca.uky.edu/files/0419-health-bulletin-family-caregiver-ar.pdf>When Someone you know has cancer (2019)

<https://fcs-hes.ca.uky.edu/files/0219-health-bulletin-family-caregiver-ar.pdf>

Relevant Information Releases

Cancer Etiquette. (In Editing)

Writing through Grief (2022)

<https://fcs-hes.ca.uky.edu/content/writing-through-grief>

Dealing with Anxiety and Stress Using Mindfulness and Your 5 Senses in 5 Minutes (2021)

<https://fcs-hes.ca.uky.edu/content/dealing-stress-and-anxiety-using-mindfulness-and-your-5-senses-5-minutes>

What is Your Super Power? (2021)

<https://fcs-hes.ca.uky.edu/content/what-your-superpower>

How to Help When Someone you Care About is Sick (2020)

<https://fcs-hes.ca.uky.edu/content/how-help-when-someone-you-care-about-sick>

Empathy (2020)

<https://fcs-hes.ca.uky.edu/content/empathy>

Mental Health and Cancer Diagnosis (2020)

<https://fcs-hes.ca.uky.edu/content/mental-health-and-cancer-diagnosis>