

Interactive Tools

For interactive tools visit:
www.cancerandwork.ca



Job Analysis Tool

Will help you and your employer identify the demands of your job which can help in deciding if you are ready to work.

Return to Work Planner Tool



Energizers & Drainers Tool

Helps you identify how certain activities impact energy and gives ideas on ways to address them at the workplace.

Fatigue Tracking Tool

Keeps track of your fatigue level. Knowing when you are tired will help inform your return to work plan.

Creating Helpful Thoughts Tool

Will help you identify your fears and manage your thoughts about going back to work.



Cognitive Symptoms at Work Tool

Will help you identify changes in your thinking that will impact your work and will give you a summary to share with your healthcare provider, employer, and insurance provider.

Task Analysis Worksheet Tool

Analyzes your work tasks. This includes identifying what tasks are essential and which ones are not.



CANCER AND WORK

The **Cancer and Work** website helps cancer survivors return, find, or remain at work.

Visit www.cancerandwork.ca for tailor-made information for cancer survivors, healthcare providers, and employers.



Topic Areas



Returning to / Staying at Work

Are you thinking of going back to your former workplace? In this section, the iCanWork, shows you an 11-step plan to follow.

Cancer's Impact on Work & Strategies

Tired, stressed, not focused or have other challenges related to cancer or its treatment? Read this section to understand what symptoms you may have and how to manage them at work.

Communication & Teamwork

Gives advice on how to communicate effectively with your healthcare team, insurance providers, and employer, to facilitate your return to work.

Assessment of Work Abilities

Suggests assessments to help understand if you are ready to go back to work, if you need more time, or if you need to consider another job.

Finances & Disability

Explains paid leave, and resources within these programs that can help support you with returning to work.

Workplace Wellbeing

Will show you how to de-stress and take care of yourself, which can be helpful at work.

Workplace Accommodations

Will suggest adaptations at the workplace that can help you work. This section gives you some symptom-specific job accommodation ideas and information on adaptive aids and technology.

Changing Jobs and Looking for Work

Provides information on career exploration, job search, coping with changing priorities, and stopping work or retiring.

Caregiver Information

Do you take care of a family member who is diagnosed with cancer? This section gives you ideas on self-care, caregiver financial supports, and employment legal rights and responsibilities.

Law, Policy and Practice Information

Provides legal answers to the questions most people have about their employment rights, and provides links to free or low cost services at human rights organizations across Canada.

Links to Employment Services and Resources

Links to employment and vocational rehabilitation programs that will help you get back to work.

www.cancerandwork.ca

The Cancer and Work Website offers:

- 500 pages of content
- 9 educational videos
- 8 online tools
- Contributions from 27 expert writers



We want your feedback and participation

Your contribution will help us create the most useful website for you and other cancer survivors. You can help us by sharing your experience with the website.

We encourage you to check out our research section to participate in one of our latest research studies.

Contact us at info@cancerandwork.ca.
www.cancerandwork.ca/tag/current-active-studies/