



YOUR TRAVEL ITINERARY – making an individual plan

In order for you to feel as good as possible during your cancer journey it is really important to consider rehabilitation already from the start. That way you can prevent and reduce problems that can come with cancer illness. Rehabilitation concerns not only the physical body but also how you feel on the inside and your relationships to other people. To see the entire you as a human being. In conjunction with you, as a patient, get in contact with cancer care, you will get an individual treatment plan established. In it, you and your treatment team will write down rehabilitation needs, goals and what actions need to be taken. You as a significant other also need a “travel itinerary”, which is why it is important that you talk about how you feel and what needs you have. Your primary care center can help you with this.

On the next page you will find a simple plan where you can, using different circles, fill in:

Direction: What is important to you? Please read the chapter “Let what matters to you become your compass”.

Challenges: What kind of challenges do you encounter? Please read the chapters “Physical challenges”, “Mental challenges”, “Social challenges” and “Existential challenges”.

Steps: What can help and who can help? Please read the chapter “Support along the way”.

Hindsight: What steps have I taken and where did they get me? Please use the checklist “Your baggage” to check that you have accounted for everything. In preparation for your contact with healthcare it can be good to write down a brief checklist of things you want to know and that you want healthcare to pay particular attention to.

DIRECTION
What is important to you?

STEPS
What can help and who can help?

CHALLENGES
What kind of challenges do you encounter?

HINDSIGHT
What steps have I taken and where did they get me?



TOGETHER WE CAN MAKE THE CANCER JOURNEY MORE EASILY NAVIGATED

– www.thecancerjourney.se

During our work with “The involuntary traveller” we have encountered the commitment and ingenuity of those affected by cancer. That also led to thoughts regarding what genuine patient and significant others’ influence is about:

As a person affected by cancer you are a specialist in yourself and the needs you have. You also have the “travellers” perspective and thus a unique competence for what can improve the journey that those affected by cancer must undertake. It really should be you who tell healthcare and society how things should be and function. At the same time, it is our experience that this is rarely the case, and that this competence is not properly harnessed within research, healthcare development and societal planning.

Together we can change that!

We believe that there is an abundance of good ideas “out there” – ideas that can shape projects – projects that can make the cancer journey more easily navigated for everyone involved. “The involuntary traveller” is the beginning of a project to actively harness your, and others affected by cancer, experiences, ideas and commitment.

The website www.thecancerjourney.se constitutes the bud of this project and there you can:

- Find forms and other material pertaining to the book.
- Reconnect with what you think about the book, good and bad, and discuss and give suggestions for support, services and functions.
- Support and participate in projects that is pushing development of the cancer journey from the perspective of those affected by cancer.

We warmly welcome you to influence and work together with us!