

CANCER COACHING REPORT 2015

"The Ottawa Regional Cancer Foundation was a place where I was able to breathe. My husband and our daughters noticed a huge difference in me, and my behaviour. I was walking taller and a little more confident about the care and what we could do – the positivity. I couldn't have done that without Coaching." – Beverley, Caregiver

2 in every 5 people in our community will hear the words "you have cancer". These words are life-changing. They turn your world upside down.

You worry about what is going to happen to you, and to those closest to you.

You try to find the words to tell your loved ones that you have cancer – a disease that could one day claim your life. You worry how your family is going to react to the news, and how you will be able to cope financially while you are undergoing treatment. You have questions, endless questions, and you are constantly searching for answers. You need to talk to someone who understands and can help you find those answers you desperately need. You need to know that you're not alone.

These fears and feelings are all too common in our community. **Thanks to you, the Ottawa Regional Cancer Foundation's Cancer Coaches are here for all of those people who are affected by a cancer diagnosis.**

One of those individuals is Beverley.

On October 21, 2013 her family's lives changed forever – her husband Brian was diagnosed with a massive brain tumor and was given 12-15 months to live.

"I was just breathless. I felt I couldn't carry on," explained Beverley, who watched her husband of 42 years battle for his life. "We didn't know what to say to each other, or what to do."

During Brian's treatment, Beverley reached out to the Ottawa Regional Cancer Foundation and registered for Cancer Coaching. From that moment on she was able to change her family's cancer experience for the better.

"Going to the Ottawa Regional Cancer Foundation was a lifeline for me and for my whole family. It saved me, it's saving my family."



Please take a moment to watch [Beverley's inspiring story](#).

Brian and Beverley are just two of the thousands of people in our community who are dealing with daunting questions and new realities after a cancer diagnosis. **Because of you, the Ottawa Regional Cancer Foundation has been able to make incredible strides to improve the cancer experience for our family, friends and neighbours.**

Our Coaches help individuals and families better understand the diagnosis and treatment options, help them cope with side effects and other symptoms, manage lifestyle changes, connect them with resources in the community, manage return to work issues, provide emotional and spiritual support, deal with bereavement and provide support to caregivers.

Cancer Coaching by the Numbers

We are proud of our partnership with you and are excited to share our successes to date.



*2,000 families helped
to date through
Cancer Coaching*



*446 new Cancer
Coaching clients*



*1,079 Cancer
Coaching
Appointments*



*1,667 Cancer
Coaching Hours*



*1,134 Referrals to
Community
Resources*



*1,198 Hours of
Health & Wellness
Programs*

The Power of Cancer Coaching

Additionally, your support has and will continue to help families take charge after a cancer diagnosis.

Here's what clients have to say about their Cancer Coaching experience:

- **93%** agree that they are in a **better position to keep themselves healthy**
- **91%** agree that they are **better able to cope with life**
- **90%** agree that they are more confident that they **can do something about their cancer and wellbeing**

(Source: Cancer Coaching Client Patient Satisfaction Survey; August 2014)

These successes could not have been achieved without your support. **You are the reason we are able to help change the cancer experience for our loved ones in the community. THANK YOU!**