

Eleanor



These things are important to me

I spend my working life supporting people to plan their lives and talking about 'Important to and Important for'. The last three months have been surreal and a lot has happened to my family and me in a short space of time. This is my current one page profile to inform those I work with about this and to let people know how to best support me.

I was diagnosed with breast cancer on 23rd July 07, I had a mastectomy on 27th July 07. I had to undergo further surgery on 10th September, which included a breast reconstruction and I will start a course of Chemotherapy in October. I am lucky my current prognosis is positive. This is all new to me I am finding out about things and about myself - as I do, my one page profile may change.

- That people aren't scared with me, I am still me!
- My family and friendships are what define my life. Spending time with them and staying in contact is very important to me.
- Living in the moment.

- My work and my work/life work balance.
- People to be honest with me - particularly about how my treatment may affect my work.
- To raise awareness about breast cancer - this may be within work too e.g. people with learning disabilities and their health - I am still working this one out!
- Working with like minded people and having fun.
- To still have a valid role even if I am absent from work.
- That I am still involved in important decisions affecting the PCP team and our long term role.
- My hair (frustrated hairdresser!) I am about to start chemo and I am anxious about losing my hair.
- For people to respect my decisions - if I am ok to work I will, if not I won't but keeping things normal at home and work are important to my recovery.

How best to support me

What people like and admire about me. They say I am...

Brave, strong, funny, intelligent, passionate about her work and family, non-judgemental, creative, wise, bright and sunny, encouraging, honest dependable and a good friend.

- Ask me any questions - I will be open and honest but there may be times that I don't want to talk about my breast cancer, please respect this and don't be offended if I don't want to talk at that particular moment.
- Respect my decisions about my work and health.
- I can find it hard to say no to things and I like and want to be involved in everything! I don't like being left out and I'm nosey! I may need help to manage this over the next year, as my expectations may not be realistic, be sensitive when you support me with this.
- If there are important decisions at work keep me in the loop.
- Send me minutes/notes of meetings in my absence
- At times I may want/need to work from home, I am happy to meet with people at home.
- Be sensitive if I come in wearing a scarf! I am not sure how I will deal with this yet - I may be fine or I may be self conscious. Take your lead from me I will let you know.
- I am taking Tamoxifen and I will have to have Hormone Replacement Therapy, this may bring an early menopause. I don't know yet how this will affect me. I may get hot flashes, I may be irritable and have mood swings (will you know?!) I will update my plan!
- Know that I can't lift anything heavy at the moment.
- Humour works.

Hope and dreams for the next few months

- To keep calm and strong
- To return to work in some capacity mid October
- To get to the seaside for a few days
- To start Yoga in the New Year