

Cancer Survivorship Support

GILDA'S CLUB MADISON - an affiliate of the Cancer Support Community

Project Background

Cancer Survivorship - From Diagnosis until the End of Life

For many patients, the time after treatment can be challenging.

Navigating and renegotiating relationships, activity levels, nutrition, and other health concerns, along with the emotional impact and changes, can often be challenging to manage.

Participating in Survivorship programming alongside other survivors provides valuable guidance and a sense of community. Offering virtual programming within a community setting helps eliminate transportation challenges and many time-related barriers. This method of program delivery also reduces obstacles to accessing health systems for survivors.



Definition of Cancer Survivorship definition and graphic developed by the National Cancer Institute

Project Overview

Our program deliverables served at least 371 unique attendees with 1,798 program visits. Participants joined from at least 23 Wisconsin counties, with 70% joining from Dane County, 8% from Milwaukee County, 5% from Jefferson County, 3% from Rock County, 3% from Sauk County, and 2% from Waukesha County.

About 85% of participants had cancer themselves, 14% were supporters or family members, and the remaining participants were bereaved. Participants ranged in age from 19 to 86.

Project Activities

Cancer Transitions: Moving Beyond Treatment®

- Facilitate 5 Cancer Transitions series between July 2023 and June 2024
This four-week, fully manualized program addresses many of the physical, social, and practical issues survivors may face as they transition into post-treatment cancer survivorship.
- Meets CoC standard 4.8 Survivorship Program
- This virtual program is open to all survivors (2 weeks to 2 years from treatment) within the state of WI. Max 15 participants per session.

Moving Forward

- Facilitate 12 Moving Forward sessions between July 2023 and June 2024
This monthly virtual support session for survivors who have completed cancer treatment is professionally-facilitated. Sessions include discussions and presentations focused on survivorship and its challenges.

Creative Expression

- Facilitate 24 visual arts sessions between July 2023 and June 2024
- Facilitate 12 Write to Heal sessions between July 2023 and June 2024

Yoga - in person and virtual

- Facilitate 75 classes between July 2023 and June 2024

Mini Retreats

- Facilitate 3 mini retreats between July 2023 and June 2024
Retreats will focus on the special needs of cancer survivors and will feature yoga, therapeutic arts, cooking/nutrition, meditation, and more.

Project Goals

Goals of this project included

- Reduced feelings of isolation
- Improved hope for the future
- Improved ability to self-advocate
- Clinically meaningful increases in problem-focused coping
- Improved ability to manage chronic conditions

5 Cancer Transitions (4 sessions each) programs were offered

- 122 program visits, 38 unique individuals served

12 Moving Forward Group sessions offered

- 19 program visits, 13 unique individuals

Creative Expression Programs

- 44 Therapeutic Art sessions: 561 program visits, 190 unique individuals
- 12 Write to Heal sessions: 118 program visits, 28 unique individuals

80 Yoga sessions

- 802 program visits, 80 unique individuals

Mini Retreats

- 2 Mornings of Intention sessions, 26 Everyday Adventure Outdoor Programs
- 179 program visits, 99 unique individuals

Project Partners

Gilda's Club Madison partnered with the Wisconsin Cancer Collaborative and global Cancer Support Community on this project. Participants were referred by various partners in the community. This project was supported, in part, by funds provided by the Wisconsin Cancer Collaborative.



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MADISON**

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www.GildasClubMadison.org