

Regain and Maintain Well-Being

From the time of diagnosis onward, people coping with cancer can benefit from an extra layer of support to help them and their families deal with cancer and its impact on body, mind, and spirit.

The goal of the Cancer Survivorship Support Program is to help people regain and maintain well-being throughout the entire cancer experience from diagnosis, through treatment, and after treatment has ended, by supporting and empowering them to cope with the disease and its effects so that they may live life fully.

"Studies have shown that many patients receiving the type of care we provide experience less anxiety and depression and do better overall."



Palliative & Supportive Care of Nantucket is operated as a department of the Nantucket Cottage Hospital, which is an affiliate of Massachusetts General Hospital, and a member of Partners HealthCare.



A Partnership in Caring



Safe Haven in the Storm

A cancer diagnosis can send you into a tailspin. You may feel afraid, angry, confused, depressed, overwhelmed.

We're here to help you

- understand your disease, your treatment, and your options
- find your strength
- access and learn from a supportive patient community
- find a safe haven in this storm

Let us help. Please call today.

"When faced with an illness like cancer, people need not only the best disease specific treatments available, like surgery, chemotherapy, and radiation, but they also need the best supportive care possible to help them and their families cope with the physical, emotional, social, and spiritual impact of the disease on their lives."

**-Charlene Thurston, ANP
Program Director**



PALLIATIVE & SUPPORTIVE CARE OF NANTUCKET'S

Cancer Survivorship Support Program

Free services aimed at supporting and empowering patients and improving quality of life.

www.pascon.org

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Nantucket, MA 02554



www.pascon.org



"...chemotherapy keeps me alive and the support group keeps me living."
-Support Group Member

Support Groups

Our Coping with Cancer Support Group is available for people with any stage of cancer as well as the family and friends of people with cancer. It provides an opportunity to discuss concerns and share ideas in a safe and welcoming environment. Information, support, and stress management strategies are provided to help improve coping with this serious illness. Confidentiality is key to the success of the group, as is a non-judgmental attitude. Participants are encouraged to pursue whatever type of treatment they feel is best.

Through our Caregivers Connections Support Program we offer "Time Out", a professionally led support group through which caregivers can meet with other caregivers and can also learn important stress reduction strategies to help them cope with the impact of caring for a loved one. Volunteer Assistance is available while caregivers attend sessions or seek other support.

Cost of Care

All services provided directly by our program's staff are completely free of charge. We receive no insurance reimbursement and are able to provide these crucial services thanks to the generosity of the Nantucket community and the dedicated work of PASCON Foundation and Swim Across America which raise funds to support our program.

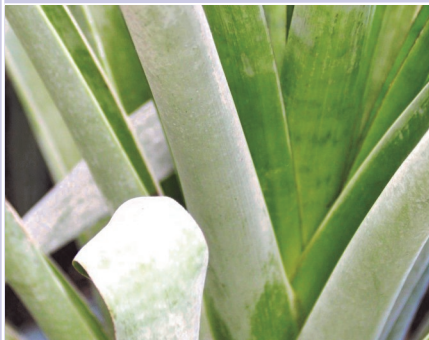
How We Help

Our interdisciplinary team, including our Nurse Practitioner, Palliative Care Counselor, Medical Social Worker, Chaplain, Medical Director, and Volunteer Coordinator, works collaboratively with a person's physician(s) and other health care practitioners. Care is provided in any setting - office, hospital, home, or nursing home. Patients and caregivers have access to qualified volunteers willing to help in many ways.

Services

- Individual and/or family education, counseling, and support
- Patient navigator services
- Pain and symptom control
- Stress/distress management
- Mind/Body education and care
- Advance Care Planning
- Comprehensive care as needed
- Coping with Cancer Support Group
- Caregiver Support Group
- Volunteer assistance and companionship
- Marla Ceely Lamb Cancer Transportation Fund
- Survivorship Care Planning
- Referrals as needed
- End of life care as needed

"We help empower patients to become active participants in the management of their care."



Travel Assistance - The Marla Ceely Lamb Fund

Many patients must travel off-island for specialized treatment and care. These trips can be physically and emotionally grueling. There's the added burden of coordinating logistics and taking time away from work or lining up childcare, and then there's the financial burden. The Marla Ceely Lamb Fund was created to help ease that financial burden and hopefully lessen some of the stress associated with these trips. Through our office, patients may access ferry and plane tickets and may receive reimbursement for portions of their travel expenses. Hundreds of patients have been helped over the years, thanks to the fundraising efforts of Marla's family and friends, gifts from other island organizations and businesses, and the generosity of the community.