

LIVESTRONG Cancer Navigation Services  
with  
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This is the date that changed the cancer world. This was the date that a 25-year old Lance Armstrong was diagnosed with cancer.



He fought and won his battle with the disease and went on to have an amazing professional cycling career.

# “THE OBLIGATION OF THE CURED”

— DR. CRAIG NICHOLS

His doctor, Craig Nichols, gave him this phrase when he finished treatment. Dr. Nichols told Lance that he now had “the obligation of the cured.” He took this phrase to heart and founded the Lance Armstrong Foundation – **LIVESTRONG**.

Although based out of Austin, TX, the foundation has a global reach and is symbolized now by the famous yellow wristband.

So what does **LIVESTRONG** do? We provide direct services for people fighting cancer and we empower them to take action. These direct services are free, one-on-one, confidential support that we offer to anyone affected by cancer.

**LIVESTRONG** specializes in five areas of cancer support:

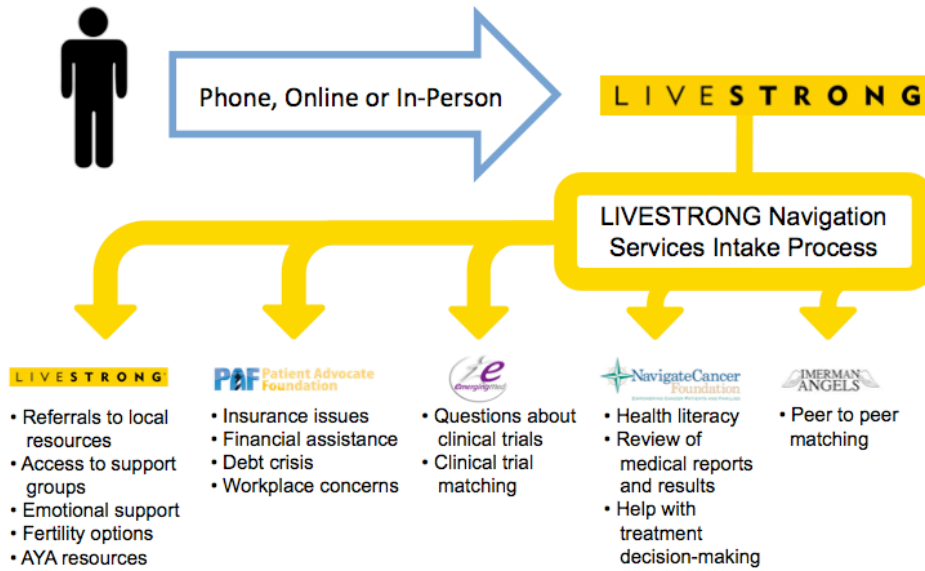
- Addressing Insurance, Employment and Financial Concerns
- Providing Emotional and Peer Support
- Understanding Fertility Risks and Preservation Options
- Understanding Treatment Options and Matching to Clinical Trials
- Connecting People to Local Resources

The navigation goals for **LIVESTRONG** supportive services are:

- Identify barriers and find ways to overcome them
- Help the patient understand options

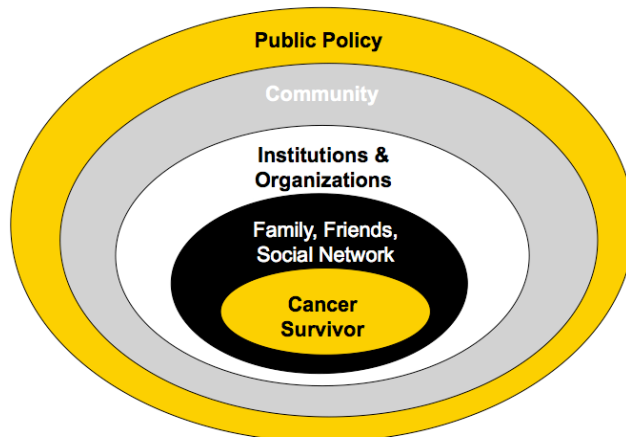
- Help the patient become empowered to make decisions
- Connect patients to the right resource at the right time

## LIVESTRONG Navigation Process



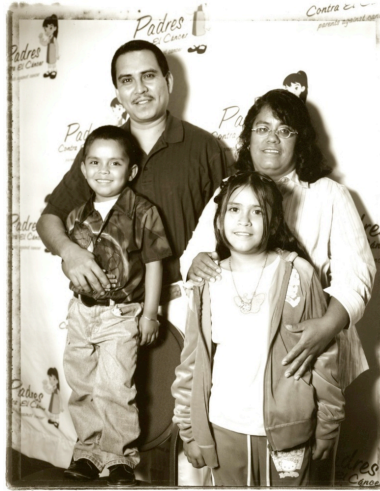
When we develop programs at LIVESTRONG, we use the following visual framework to think about how our efforts affect each of these groups. At the core of everything that we do is the cancer survivor.

## LIVESTRONG COMPREHENSIVE APPROACH



The navigation process focuses on the two innermost circles within this framework depiction – the cancer survivor and the social network of the cancer survivor that includes friends, family, caregivers, and loved ones.

Let's walk through an example to show how we work. Here is a picture of a cancer survivor named Lupe and her family. She is 32 years old...



She also:

- Lives in Austin, TX
  - Bilingual
- Just diagnosed with breast cancer with metastasis
- Scheduled to have surgery, then chemo, and radiation
  - Underinsured
  - Legal resident
    - Married
  - 8 year old daughter
  - 5 year old son
- Wants to have more children
- Referred by Promotora

First, we talk to Lupe and begin to get a sense of how she is feeling and the questions she is struggling to answer.

Will I be able to have more children?

How can I keep track of all this information they are giving me?

Where do I go to just read more about this?

Are there any treatment options that will work for me?

What do all of these papers and scans mean?

Is there anyone that has been through this that I can talk to?

What do all of these words mean?

What will our insurance cover?

How are we going to pay for all of this?

I feel so lost.

What do I do when treatment ends?

I feel tired all of the time.

I'm overwhelmed, where do I start?

It is easy to see that there are a lot of emotions and concerns for Lupe. Overall, she is simply overwhelmed. So the first thing that we can do is to help her organize and prioritize her questions. We can go through each of Lupe's questions and find the appropriate program or partner that will help her unravel and demystify her concerns.

*Will I be able to have more children?*

*I'm overwhelmed, where do I start?*



*Are there any treatment options that will work for me?*

*What will our insurance cover? How are we going to pay for all of this?*

**Cancer Profiler Tool**



*What do all of these papers and scans mean?*

*Is there anyone that has been through this that I can talk to?*



*I feel tired all of the time.*

*What do all these words mean?*

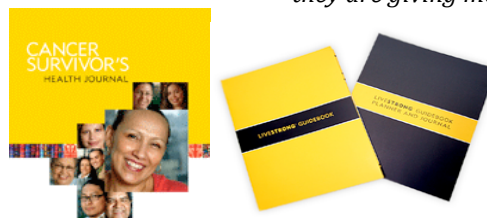


**Cancer Dictionary iPhone App**

*Where do I go to just read more about this?*

*How can I keep track of all the information they are giving me?*

**LIVESTRONG.org/GET-HELP or LIVESTRONGSPANOL.org**



*What do I do when treatment ends?*

*I feel so lost.*



Next, we talk with Lupe's family to understand their concerns. As with Lupe, we find appropriate programs and/or partners to help Lupe's family deal with the issues they are struggling with the most.

What if I lose my job because I have to take Lupe to her appointments?

I'm scared, who do I talk to?

What's happening to my mom?

What am I going to tell my friends at school?



We help ANYONE affected by cancer, regardless of age, cancer type, income, etc.



- Free, confidential one-on-one support in Spanish and English

- Nationwide: call toll-free 1-855-220-7777

- In Austin, call 512-220-7777

[www.livestrong.org/get-help](http://www.livestrong.org/get-help)