

Integrating Coordinated Informal Care into Supportive, Patient-Centred Cancer Care

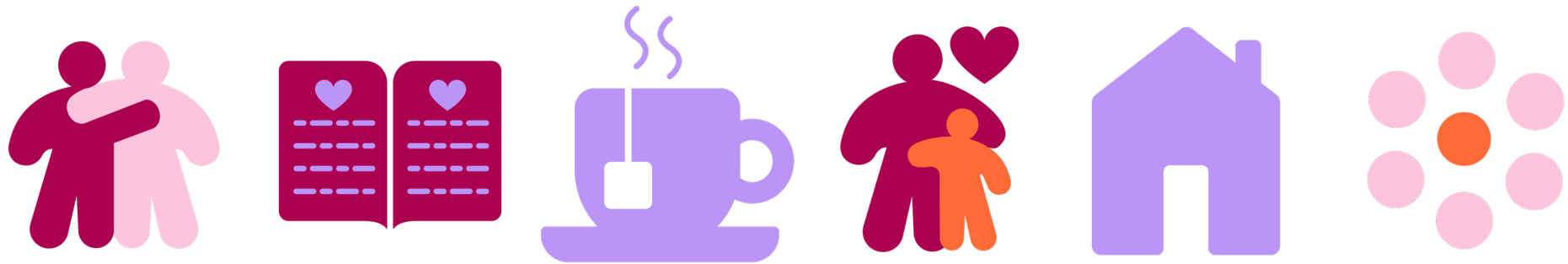
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Most care happens at home

Patients may receive excellent clinical care but still lack support at home.



Informal care

These ordinary tasks affect treatment, recovery and carer capacity.



People want to help, but asking can be hard

Goodwill exists, but it often doesn't translate into meaningful help.

*“Let me know if you
need anything”*



Overwhelmed
patient/carer

Barriers to activating help

1. Asking for help
2. Knowing what's needed
3. Offering help
4. Coordinating help

Even if the first few are overcome, coordination is usually missing.



Coordinated informal care

Build
crew



Identify
help



Coordinate
help



**More
support**

Cancer Nurses
Society of Australia

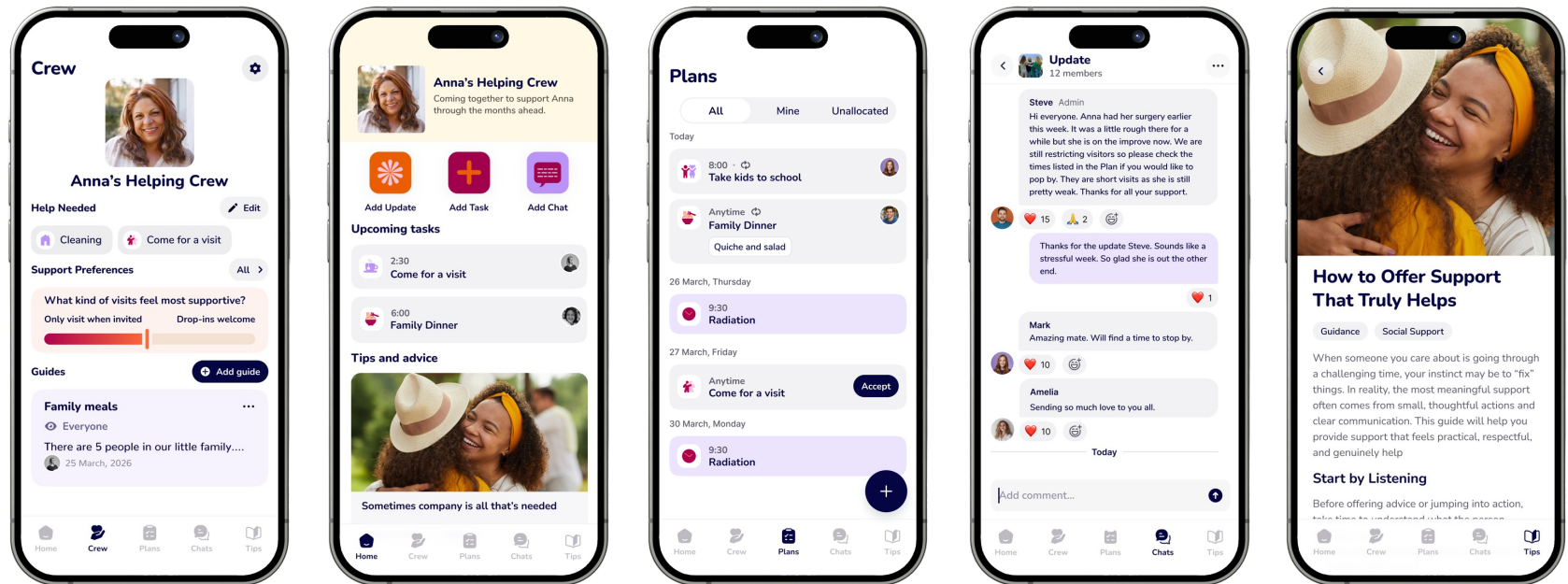
elevate
cancer nursing
innovate | integrate | educate | advocate



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The Gather My Crew app

A free tool to make help simple



The role of cancer nurses

1. **Notice** when practical needs are unmet or one person is carrying most of the load.
2. **Normalise** the need for practical help as part of supportive cancer care.
3. **Refer** patients and carers to a simple coordination tool, such as Gather My Crew.
4. **Revisit** support needs as they change across the cancer journey.



One thing you could do next week...

What is one thing you could do differently in your own practice next week?

- Ask intentional questions about informal care
- Add a GMC brochure to an information pack
- Talk to your team about how to have these conversations
- Give a patient or carer permission to accept help

Questions



We're looking forward to spending time with you in the plenary session later today!