

Proclaim Care

Helping a mum be her best and beat cancer

This case study tells the story of a successful return to work through vocational rehabilitation.

Background

Sarah* is a married mum of two little ones, who she adores. Together with her husband, they work hard to give them the best life they can. Sadly, Sarah was diagnosed with breast cancer, which had an enormous effect on the family. Especially as it caused high levels of stress and anxiety at almost every turn. Waiting for results was particularly nerve-wracking.

Treatment and support

Immediately, Sarah began chemotherapy, which caused fatigue and nausea. Following that, she began rounds of radiotherapy, lasting three weeks. To help support her through this time, her Rehabilitation Specialist kept in regular contact with both Sarah and her employer (at times that suited her).

They also suggested she contact local support services like Macmillan to see if they could help her too. And her Rehabilitation Specialist discovered certain medication could be delivered straight to Sarah's door, making things easier for the family.

Outcome

Sarah gradually recovered and went into remission. It was while she was at the end of her treatment that Sarah's Rehabilitation Specialist identified the possibility that she could return to work earlier. It was welcome news as Sarah was eager to get back to simply living. Together with her employer, they created a phased return to work plan.

She did in fact return to work two months after treatment, starting by working from home, which helped manage her fatigue. Then, with the support of her GP, she began working four hours on alternate days, gradually moving to full-time work after six weeks.

When she did go back to the office, her commute was changed so she could avoid rush hour and feel more comfortable. Any time that was missed, she could make up at home after her commute, which worked for everyone.

*Proclaim Care and AIG Life real-life customer case study. October 2017 – June 2018. The image shown is for illustration purposes and names have been changed for confidentiality.

