



Take Charge: Build Your Personal Action Plan

Intended Audience

All members including people living with cancer, family members and significant caregivers.

Program Description

A cancer diagnosis can make you feel out of control – like you’ve lost your grasp of certain situations, decisions and choices that once felt totally within your power. This four-part, solution-focused program is designed to ground you, return you to your center of gravity, and put you back at the helm of your hopes for the future. Specifically, Take Charge will help you realign your goals, identify your ‘team’, build on your skill set, and direct your energy and intentions toward a realistic and effective personal action plan.

Benefits and Impact

Recognizing that members are balancing urgent issues that might require immediate decisions, with actions that could pose long-term challenges, Take Charge offers a fast-track approach to designing a pathway to renewed health. The greatest benefits include affirmation of goals, commitment to a revitalized vision of hope, and a self-made map to follow. Side-effects include increased confidence, camaraderie and unexpected joy.

What to Expect at a Session

You begin the ‘take charge’ process by celebrating your unique strengths, gifts and visions, and by utilizing the concepts of teamwork and communication to give voice to your ‘new normal’. An important part of this process includes identifying and building a ‘Dream Team’ comprised of the significant people in your life who will help you achieve optimum health and happiness. Ultimately you can expect to create a Personal Action Plan; a practical living document that can easily be adjusted when life gets messy.

Participant Comments

“I liked the comfort level of insightful discussion, the people, the idea of building on my personal senses, the assessment of my current reality, and the one week action plan was cool too.”

“The topics, videos, materials and resources are excellent... I even like the homework!”

“I was inspired and surprised. I enjoyed the wonderful videos and the new way to see play.”

What the Research Says:

Wellness action plans are individualized outlines that aim to empower the patient to take charge of their own health. Although plans vary in content, most contain information summarizing the patient’s cancer treatment, required follow-up care, and ways to achieve health and well-being. In a 2008 pilot study, participants who finished breast cancer treatment committed to following an individualized care plan. Participants reacted positively to the plan and felt more empowered, had increased knowledge of the cancer treatments they had undergone, and increased confidence in accessing community resources and support groups. The value of care plans is becoming more widely recognized and its usage is endorsed by The American Society of Clinical Oncology, the American Cancer Society, the Oncology Nursing Society, the National Comprehensive Cancer Network, and the European Cancer Patient Coalition (McCabe MS, Faithfull S, Makin W, Wengstrom Y. 2013. Survivorship Programs and Care Planning. Cancer, 119-511).

Program Frequency:

1.5 hours per week
4 weeks per session
Winter, spring/summer, fall

Optimum class size: 14

Related Programs:

Living Well with Cancer
Healing Journey
Brain Fog, Returning to Work
Resumes and Interviews