Irish Life

medmark
OCCUPATIONAL HEALTHCARE

Cancer Survivor Rehabilitation Programme

Run by Medmark Occupational Healthcare

In association with Irish Life

This programme is designed to assist you if you have been suffering from cancer. The programme is tailored to your needs and is designed to help improve your quality of life and assist in your transition back into the workplace.

Many people who have completed cancer treatment are worried about a recurrence and what the future might hold for them. Returning to the workplace can evoke other concerns for you, including a fear of not being able to cope, a fear of isolation and a fear of not being accommodated if you have specific requirements to enable you to complete your job. The Cancer Survivor programme, also referred to as the CanSurvivor programme aims to provide improvement in quality of life and ability to cope with life after cancer.

How does the programme work?

This is a 12 week programme with a multidisciplinary approach, consisting of a number of steps involving a variety of treatment approaches.

The initial assessment is carried out by an Occupational Health Physician who will explain the steps of the programme, addressing any concerns you may have and provide ongoing support to you.

Then the programme will cover the following sessions:

- Cognitive Behavioural Therapy (CBT) - 6 sessions are a central part of the programme.
- 2 Sessions with a nutritionist are provided.

Ongoing Reviews and Support

- The Occupational Health Physician will review your progress at the mid-way point of the programme and again at the end of the programme.
- Occupational Health Advisor will phone throughout the programme - usually 12 in total for support.
- The Occupational Health Physician will also decide if any additional supports need to be provided during the programme.

The programme is individually tailored to your specific needs in consultation with you.

How is this programme paid for?

The cost of the programme is fully paid for by Irish Life.

Why is Irish Life providing this service?

This programme is provided to try and assist you to improve your quality of life, and assist in your transition back to the workplace.

Where does the programme take place?

The programme is run from four different locations in the country – Dublin, Cork, Galway and Limerick.

How does the programme begin?

If you wish to participate in the CanSurvivor programme Irish Life will ask you to complete a consent form first.

This authorises Medmark Occupational Healthcare to contact you and arrange an initial assessment.

Our Rehabilitation Specialist will be available to discuss any aspect of the programme with you further.

Confidentiality

Medmark Occupational Healthcare will only disclose information about you to Irish Life's Chief Medical Officer.

Reports from the programme will be used by the Income Protection Claims team in the management of your claim.

We are here to help

For more information on this programme, please contact:

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Income Protection Rehabilitation Specialist

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Information correct as at November 2021.

Contact us

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Write to Irish Life, Irish Life Centre, Lower Abbey Street, Dublin 1.

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In the interest of customer service we will monitor calls.
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For more up-to-date information, see www.irishlifeemployersolutions.ie

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