

I've just been diagnosed with leukaemia

You may have just learnt you have leukaemia and be wondering about all the things you need to consider following such a life-changing diagnosis.

Leukaemia Care can provide you with checklists to help you identify and prioritise the things you may need to do after a diagnosis. It can be helpful to share them with your family and friends and use it to delegate some tasks. Call our freephone helpline on **08088 010 444** or email support@leukaemiacare.org.uk to get your copy, or download from our website www.leukaemiacare.org.uk.

Our checklists

- Questions about your treatment
- Looking after your fertility
- How do I tell people about my diagnosis?
- What do I need for a stay in hospital?
- How do I look after my home if I am in hospital?
- How do I look after my mental health?
- What support is out there for my family and friends?
- Coping with money worries
- How do I talk to my employer about my diagnosis? What are my rights at work?
- How do I go about sorting out childcare?
- What support is available for unpaid carers?
- What do I need to do if I have pets?

We can help you with advice and support on many of the things on the checklists - just get in touch.

These checklists are for adults who have been diagnosed with a leukaemia.

If you have a child diagnosed with leukaemia, we recommend visiting the Children's Cancer and Leukaemia Group <https://www.cclg.org.uk/> who have resources on looking after your child with leukaemia, as well as siblings and grandparents.

Young Lives vs. Cancer have a specific section for parents <https://www.younglivesvscancer.org.uk/life-with-cancer/my-child-has-cancer/> as well as resources for young people themselves.

You might also want to check out Teenage Cancer Trust, who help to provide specialised nursing care and support for young people <https://www.teenagecancertrust.org>.

If you need would like any more information about any of the topics mentioned, you can call our freephone helpline on **08088 010 444** or email support@leukaemiacare.org.uk.