



Returning to Work or Starting a New Job After

Breast Cancer

TREATMENT

No matter where you are on your journey with breast cancer, returning to work can seem like just another hurdle: How to physically and mentally handle the stress of returning to your job.

Talk about it—or don't

Some people feel comfortable sharing their experience with co-workers, many of whom may have gone through the same thing. Others, however, would rather not talk about something so personal. Either way, be prepared. Being brief may be your style. You can just say...

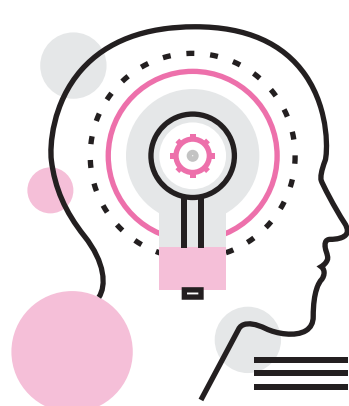


Thanks for asking, I'm feeling good and ready to get back to work. Let's make a date for lunch and I'll tell you about it.



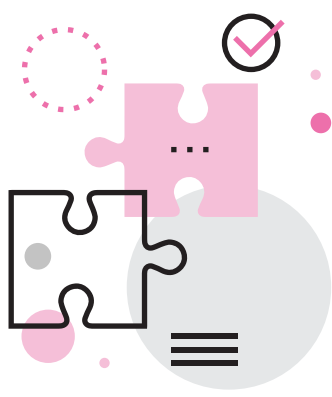
It's been tough but I'm good and looking ahead, not back.

How have you been?



Be kind to yourself

Remember that treatments like chemotherapy can have a real effect on neuropsychological function and impact things like memory, attention, concentration and the ability to perform various mental tasks. Have patience with yourself as you jump back into the tasks of your job function.



Don't be afraid to take it slowly

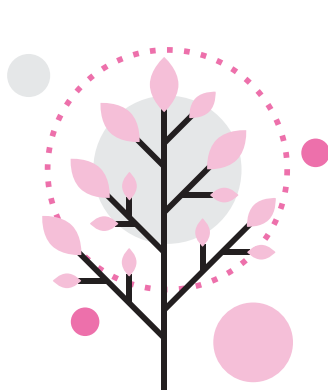
You've been through a lot and while your mind—and wallet—may tell you it's time to get back to work, your body may still need some time. Ask your employer if you can start by coming in part-time. Working remotely is more commonly accepted these days, so perhaps working a couple of days a week from home may also be an option.



Ask about accommodations

According to the American Cancer Society, "employers must accommodate a qualified applicant or employee with a disability unless the employer can show it would be an undue hardship to do so." Examples of reasonable accommodations include, but are not limited to:

- ✓ Providing or modifying equipment or devices
- ✓ Restructuring a job by offering part-time or modified work schedules
- ✓ Reassigning an employee to a vacant position
- ✓ Adjusting or modifying tests, training materials, or policies
- ✓ Providing readers and/or interpreters
- ✓ Making the workplace readily accessible to and usable by people with disabilities



Make arrangements in advance if you'll need more treatment

Tell your employer if your treatment is or will be continuing. Be brief. You don't have to give details. If you're new to the job, you can simply explain that a medical issue may require you to occasionally be unavailable.

Heading back to work after an illness like breast cancer may seem overwhelming right now, but remember this: you are strong and you are able. You may not know it, but you are an inspiration. You can do this.



These materials are provided for general informational purposes. They are not intended to be comprehensive and should not be construed as legal advice. HireRight does not warrant any statements in these materials. HireRight's products and services are provided under the terms and conditions of HireRight's screening services agreement and any applicable product-specific addenda, and pursuant to HireRight policies, guidelines and procedures. Please contact HireRight for more information.

Copyright © 2018 HireRight, LLC. All Rights Reserved. Reproduction and distribution of this publication in any form without prior written permission is prohibited.