

# COMMUNICATION CHART

Eleanor's Communication Chart In relation to Chemotherapy - 17th December 2007

At this time...	When I do this...	It means...	I need you to...
Anytime - just before my treatment or afterwards on the phone or in person.	When my answers or short or I seem a bit abrupt.	I don't want to talk about something or I am finding it difficult.	Acknowledge that I don't want to talk about it and/or end the call! Texts are good or I will ring you.
Anytime - during three week cycle (particularly at the first weekend).	I am stroppy, banging about, ranting or shouting at kids.	I am tired and fed up.	Acknowledge it, ask what you can do, going for a walk on my own really helps so if you can be here for the kids that's great.
Anytime - during three week cycle (particularly before the treatment i.e. Sunday).	I go quiet and don't want to talk.	I thinking about something or worried/ anxious or sad.	Ask if I want to talk, or what you can do. Going for a walk on my own is good or I may want to talk.
Anytime.	I cry.	I must be feeling really bad and overwhelmed.	Don't try and fix it, let me be and if I know you well a hug may help.

next steps...