

## [Track 12: Conclusion]

[Narrator]

Unlike years ago, when cancer and grief were both kept hidden, there are now many resources to help survivors and their family members with the questions and adjustments that have to be made before, during, and after a cancer diagnosis. The basic skills of the *Cancer Survival Toolbox* – finding information, communicating, decision-making, problem-solving, and standing up for your rights, can be used in every step of the journey. Specific resources on the topics covered in this “Dying Well” program can be found in the Resource Booklet.

This is the end of the Cancer Survival Toolbox program entitled “Dying Well – The Final Stage of Survivorship.” You may also want to listen to other Cancer Survival Toolbox programs such as “Communicating,” “Making Decisions,” and “Standing Up for Your Rights.” If you need more information about cancer survivorship issues, feel free to call the National Coalition for Cancer Survivorship toll free at 1-888-650-9127 or visit the NCCS website at [www.canceradvocacy.org](http://www.canceradvocacy.org).

Thank you for taking the time to listen to this *Cancer Survival Toolbox* program. We wish you well on your journey.