

WHAT'S NEXT FOR MY LIFE?™

What is Survivorship Coaching?

Survivorship life coaching is a modality that complements existing programming and services by motivating survivors to take responsibility for, and be proactive in managing their own health and well-being. Survivors' ability to be proactive will directly impact quality of life, outcomes, and the cost/ROI for providing care as focus shifts from acute illness management to include long term survivorship and chronic care issues.

What does survivorship coaching do?

Survivorship coaching increases confidence and reduces fear and stress at time of diagnosis and during treatment by providing personalized, been-there-done-it support via phone. When active treatment ends multi-week group telephone courses or one-on-one coaching provides the motivation, support structure, and tools to create and sustain survivorship goals and healthy lifestyles.

It is especially effective when used in the creation, implementation and compliance to a whole life survivorship plan when active treatment ends, and in increasing satisfaction and long-term life balance.

Evidence-based studies demonstrate coaching's value.

- Increase patient follow-through of recommendations from healthcare team
- Increase ROI/decrease cost of care through less preventable readmissions, increased patient loyalty, reduced number of visits
- Bridge the gap when active treatment ends by providing motivation, support structure, and tools to create and sustain survivorship plan and healthy lifestyles

Coaching expands access to psychosocial support and accelerates results.

- Action based focus increases patient follow-through on recommendations from healthcare team
- Private and easily accessible because provided primarily over the phone
- Provides alternative to counseling or psychotherapy for those who are resistant
- Provides support options when regular contact with healthcare team ends and motivation to change behaviors is strong
- Can be funded by patients, provider, or with funding/sponsorships

Survivorship Coaching Options for Patient, Survivors and Caregivers:

- Free Monthly Telecalls
- Low cost membership in online accountability support community
- Survivorship Care Plan Wellness Goals and Accountability program
- One-on-one Crisis Consultation/Coaching via Telephone
- Multi-week group and/or one-on-one personalized coaching programs
- And much more

Who pays for survivorship coaching? Coaching services are funded by center, service provider, or by patient self-pay. Pilot and start up programs are often funded through grants or sponsorships.

**Call 954-565-6894 or visit WhatsNextForMyLife.com
for more information and detailed evidence based coaching studies.**