BETWEEN APPOINTMENTS™

LIVING ALONE WITH CANCER

A practical backup plan for the moments when there is nobody automatically there

Why this resource exists

Living alone does not mean being unsupported. It does mean that many tasks other people take for granted may need to be planned deliberately.

This sheet helps you create a small safety net around transport, medication, food, hospital days and the moments when you are too tired or unwell to organise everything yourself.

Your first backup circle

One person I can call without explaining everything

One person who could collect medication

One person who could bring food or leave it at the door

One person who could accompany me or drive me

One person who has a spare key, if I choose

Practical information worth keeping together

- ■ Hospital number and treatment team
- ■ Current medication list
- ■ Allergies and important medical information
- ■ Emergency contact
- ■ Home address and access instructions
- ■ Where essential items are kept

When I am having a difficult day

I need someone to check in by

I would rather receive a text / call / visit

A sign I may need more help is

The easiest food or drink for me is

One task that can wait is

A simple message you can send

I am having a difficult day and do not need you to fix it. Could you please check in with me at _____, and help with _____ if you can?

Use this sheet as a starting point

You do not need to complete every section. Circle one line, write one name, or use one sentence. Small pieces of clarity are enough for today.

Important

This resource offers practical lived-experience support and does not replace medical, psychological, legal or employment advice. Contact your clinical team or emergency services if you are worried about your health or immediate safety.