

WORK VISIBILITY CARD

A simple way to explain fluctuating capacity without retelling the whole cancer story

Cancer and treatment can affect energy, concentration, pain, sleep, mobility and emotional capacity. These effects may change from day to day and may not be visible.

A good day does not mean the difficulty has disappeared. A difficult day does not mean the person is unwilling or uncommitted.

WHAT MY CAPACITY MAY LOOK LIKE

My capacity can be affected by:

- treatment or medication
- fatigue
- pain or physical effects
- poor sleep
- appointments, tests or travel
- concentration or memory changes
- emotional strain
- another factor I wish to share: _____

The part that changes most is:

WHAT HELPS ME WORK WELL

- clear priorities
- fewer competing tasks
- written follow-up after important conversations
- flexibility around appointments
- short breaks before I am depleted
- quieter work or fewer interruptions
- help planning demanding days
- checking with me rather than making assumptions
- something else: _____

WHAT I WOULD LIKE YOU TO KNOW

My capacity may vary even when I look well.

I may need to explain a change without discussing private medical details.

Please ask what is manageable today rather than assuming that yesterday predicts today.

The most useful adjustment right now would be:

A SHORT SCRIPT

I am still managing the effects of cancer or treatment. My capacity can fluctuate, so I may need to adjust how or when I complete some tasks. I will communicate as clearly as I can, and it helps when priorities are agreed rather than assumed.

FOR A MANAGER OR COLLEAGUE

Useful questions include:

What feels manageable today?

Which task matters most?

Would written instructions or fewer interruptions help?

Is there anything time-sensitive that we should plan around?

Repeated explanation can be tiring. Invisible limitations often have to be made visible before support can be practical.

This card supports communication only. It does not provide legal, employment, occupational-health or medical advice, and it does not replace formal workplace processes. Seek appropriate professional guidance where needed.