



Relationships

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This guide has been developed to give you and your loved ones clear information, practical tools and useful advice to support you in managing your relationships after a cancer diagnosis.

關係

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本指南旨在為您和您的摯愛提供清晰的資訊、實用的工具和有用的建議，以協助您在確診癌症後管理您的人際關係。

A rare or less common cancer diagnosis can affect your relationships with family, friends, colleagues and carers. You may be adjusting to a new way of life, and the people around you might not always know how to respond or support you. Balancing your own needs while managing these relationships can sometimes feel difficult. At Rare Cancers Australia (RCA), we understand that managing relationships and support can be challenging, and we are here to help.



Your emotional wellbeing

Everyone reacts differently to a cancer diagnosis is normal to have strong emotions, and these feelings can change during treatment and recovery. You may feel:



Managing emotions

You might feel extra frustration because of uncertainty, delays in diagnosis, or not having enough information. Rare and less common cancers can take longer to diagnose, which can add to your stress. Treatment side effects like tiredness, irritability, or trouble thinking clearly can also affect how you feel. All of these feelings are normal.

Tips to manage emotions

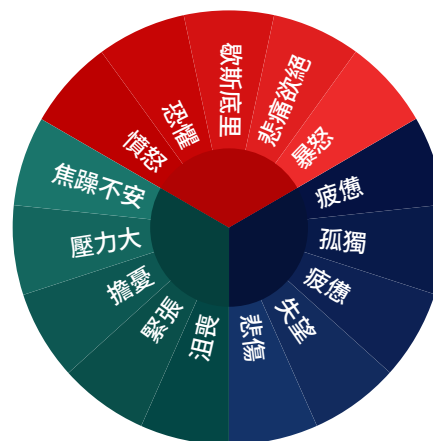
- » Be kind to yourself. It is okay to have negative feelings. You are doing your best.
- » Try to name what you're feeling. For example, "I am upset with my partner, but I'm actually worried about my appointment".
- » Avoid making decisions or doing research when you feel upset.
- » Try meditation or mindfulness to help reduce stress.
- » Rest whenever you can. Poor sleep is common during diagnosis and treatment.
- » Write down your worries or questions so you do not avoid or forget to talk about them.
- » Connect with people who understand, such as others going through a similar experience.
- » If possible, try a small amount of gentle exercise each day, like going for a walk. It can help improve your mood.

確診罕見或不常見的癌症可能會影響您與家人、朋友、同事和照護者的關係。您可能正在適應新的生活方式，而您身邊的人可能並不知道如何回應或支援。在管理這些關係的同時平衡自己的需求有時會讓人感到困惑。澳洲罕見癌症協會 (Rare Cancers Australia, 簡稱 RCA) 理解管理關係和尋求支援可能充滿挑戰，我們會隨時在此提供協助。



您的情緒健康

每個人對癌症診斷的反應都不同，感受到強烈的情緒是正常的，且這些感受在治療和康復期間可能會變化。您可能會感到：



管理情緒

由於不確定性、診斷延遲或資訊不足，您可能會感到格外沮喪。罕見和不常見的癌症可能需要更長時間才能確診，這會增加您的壓力。治療的副作用，例如疲憊、易怒或思緒不清，也可能影響您的感受。所有這些感受都是正常的。

管理情緒的秘訣

- » 善待自己。有負面情緒是正常的。您已經盡力了。
- » 試著說出您的感受。例如：「我對我的伴侶感到不滿，但我實際上是擔心我的預約。」
- » 當您感到心煩意亂時，避免做決定或進行研究。
- » 嘗試冥想或正念練習以幫助減輕壓力。
- » 盡可能多休息。在診斷和治療期間，睡眠不佳是很常見的。
- » 寫下您的擔憂或問題，這樣您就不會迴避或忘記談論它們。
- » 與理解您的人建立聯繫，例如其他有類似經歷的人。
- » 如果可能，每天嘗試少量溫和的運動，例如散步。這有助於改善您的情緒。

Caring for yourself

You might hear words like “self-care” and “resilience” a lot. Taking care of yourself really can make a difference to your cancer experience.

Self-care means choosing where to focus your time and energy. For some people this means eating well, resting, doing gentle exercise, and managing stress. For others, it means setting boundaries and saying no to things that aren't helpful right now.

Self-care looks different for everyone but may include:

- » building a support network of people you trust
- » joining a support group
- » using apps for meditation or mindfulness
- » writing down how you are feeling
- » seeing your doctor to organise a mental health plan
- » making time for things you enjoy
- » moving your body in a way that suits you, like walking, swimming or yoga
- » resting without guilt
- » doing things that help you relax, like gardening, massage, or aromatherapy

照顧自己

您可能會經常聽到「自我照顧」和「韌性」等詞彙。照顧好自己確實會對您的癌症經歷產生影響。

自我照顧意味著選擇將時間和精力集中在某地方。對某些人來說，這意味著飲食良好、休息、做溫和的運動和管理壓力。對其他人來說，這意味著設定界限並拒絕現階段沒有幫助的事情。

自我照顧對每個人來說都不同，但可能包括：

- » 建立一個您信任的人際支持網絡
- » 加入支持團體
- » 使用冥想或正念應用程式
- » 寫下您的感受
- » 看醫生以制定心理健康計劃
- » 騰出時間做您喜歡的事情
- » 以適合您的方式活動身體，例如散步、游泳或瑜伽
- » 無愧疚感地休息
- » 做有助於放鬆的事情，例如園藝、按摩或芳香療法



Resilience is your ability to cope with challenges, adapt to change and keep going through difficult times. It doesn't mean being "strong" all the time – it means finding ways to recover from tough moments and keep moving forward, even when things feel hard. You can build resilience over time by caring for your physical and emotional wellbeing, leaning on your support networks, and focusing on the things that give you hope and purpose.

This diagram shows how the biological, spiritual, psychological and social parts of your life all connect and influence your wellbeing.



韌性是您應對挑戰、適應變化並在困難時期堅持下去的能力。這不代表您必須一直「堅強」— 它意味著找到從艱難時刻中恢復並繼續前進的方法，即使感覺事情很困難。您可以透過關心身心健康、依靠支持網絡，以及專注於能帶來希望與目標的事物，隨著時間建立韌性。

這張圖表顯示了您生活中生理、精神、心理和社會各方面如何相互聯繫並影響您的幸福感。



Sharing the news

A cancer diagnosis can change your relationships. It may bring you closer to some people, but it can also make things harder at times. Finding good ways to communicate can really help.



Telling others

It can be tough to tell people about your diagnosis. People who care about you might not know what to say or how to respond. Take some time to think about what you want to share and what you prefer to keep private.



Talking with your partner

Your partner may take on more caring responsibilities, and this can feel challenging for both of you. Intimacy and desire may change, and communication might feel harder than before. Many people feel tired, worried, or like they do not have enough personal space, while others find that physical closeness and affection can grow during this time. You and your partner can adjust together, and it is okay for things to feel different as you go through treatment.



分享消息

癌症診斷可能會改變您的人際關係。它可能會讓您與某些人更親近，但有時也會讓事情變得更困難。找到良好的溝通方式確實很有幫助。



告知他人

告知他人您的診斷結果可能是一件困難的事情。關心您的人可能不知道該說什麼或如何回應。花些時間思考哪些資訊您願意分享，哪些則希望保持私隱。



與伴侶交談

您的伴侶可能會承擔更多照顧責任，這對雙方來說都可能感到挑戰。親密感和慾望可能會改變，溝通也可能比以前更困難。許多人感到疲憊、擔憂，或者覺得沒有足夠的個人空間，而另一些人則發現在這段時間裡，身體上的親密和情感可以增長。您和您的伴侶可以一起調整，在治療過程中，對事物有不同感覺是正常的。



Talking with children

Children, even young ones, can tell when something has changed. It can help to explain what is happening using simple words they can understand. Reassure them that cancer is nobody's fault and that they did not cause it. You can also tell them about any changes they might notice in daily life, so they feel prepared and included.

Use simple, honest words to explain what is happening, and mention positive things they can look forward to, like reading a favourite book together or doing a quiet activity.

Here are some tips for talking to children:

- » Ask what they already know and what they want to know.
- » Encourage them to share their feelings and let them know it is okay to feel many different emotions.
- » Reassure them that they did not cause the cancer and that they cannot catch it.
- » Give extra hugs, affection, and reassurance.
- » Avoid making promises you cannot keep.



RCA's Mummy's Wish program provides tailored and practical support for parents diagnosed with cancer who have young children. The aim is to give parents more time to focus on what matters most — being there for their kids.
Learn more at
www.mummyswish.org.au.

與孩子交談

孩子們，即使是年幼的孩子，也能察覺到事情的變化。用他們能理解的簡單詞語解釋正在發生的事情會有所幫助。安慰他們癌症不是任何人的錯，也不是他們造成的。您也可以告訴他們日常生活中可能注意到的任何變化，這樣他們會感到有所準備並被納入其中。

用簡單、誠實的詞語解釋正在發生的事情，並提及他們可以期待的積極事物，例如一起閱讀喜歡的書或進行安靜的活動。

以下是一些與孩子交談的提示：

- » 詢問他們已經知道什麼以及他們想知道什麼。
- » 鼓勵他們分享自己的感受，並讓他們知道感受多種不同的情緒是正常的。
- » 安慰他們癌症不是他們造成的，而且他們不會被傳染。
- » 多給予擁抱、關愛和安慰。
- » 避免做出無法兌現的承諾。



RCA 的「媽媽的願望」(Mummy's Wish) 計畫為患有癌症並育有幼兒的父母提供量身定制的實用支援。其目標是讓父母有更多時間專注於最重要的事情——陪伴他們的孩子。
欲了解更多資訊，請瀏覽
www.mummyswish.org.au。

Managing those who want to help

Family and friends often want to support you, but it can be hard to know what to ask for. It can help if they offer specific suggestions, and your carer or support person can also guide them on what's most useful. If you're used to being independent, asking for help might feel unusual but many people feel good when they can do something helpful.



如何與那些想提供幫助的人打交道

家人和朋友通常都想支持您，但您可能很難知道該要求什麼。如果他們能提供具體建議會有所幫助，而您的照護者或支援人員也可以引導他們了解什麼是最有用的。如果您習慣於獨立自主，尋求幫助可能會覺得奇怪，但許多人在能夠提供幫助時會感到開心。



Types of ways you could ask for help

Could you bring a meal tomorrow night?

Would you mind updating others for me?

Would you be able to pick up the kids on Friday?

Do you have any book recommendations?

Could you help me to fill out some forms?

Would you be able to vacuum or mow the lawn?

Could I get a lift to my appointment?

Can you pick up my groceries?

Can you walk the dog?

Can you join me for a walk?



It is okay to set boundaries. People want to help and you can guide them toward the kinds of support that are most useful to you.

If you are a carer

Caring for a loved one with cancer is an important role, but it can also be challenging. What they need from you will depend on the type and stage of their cancer, how they are feeling, and what support they already have.

"My husband's cancer changed our whole life. We had no relatives here, so it was just the two of us. Suddenly, I wasn't just his wife, I was his carer, his voice and his whole support system. I had to learn everything from scratch: how to manage his medication, monitor his health, understand his nutrition, and notice every small change."

— Geli (Cantonese-speaking Carer for her husband Wai)



您可以尋求幫助的方式

你明天晚上能帶一頓飯來嗎？

你介意替我向其他人更新情況嗎？

你週五能去接孩子嗎？

你有任何書籍推薦嗎？

你能幫我填寫一些表格嗎？

你能幫忙吸塵或割草嗎？

我能搭你的便車去赴約嗎？

你能幫我拿雜貨嗎？

你能幫我遛狗嗎？

你能和我一起散步嗎？



設定界線是可以的。人們想提供幫助，您可以引導他們提供對您最有用的支援。

如果您是照護者

照護患有癌症的親人是很重要的，但也可能充滿挑戰。他們需要您提供什麼，將取決於他們的癌症的類型和階段、他們的感受以及他們已經獲得的支援。

「我丈夫的癌症改變了我們的一生。我們在這裡沒有親戚，所以就只有我們兩個人。突然間，我不再只是他的妻子，我還是他的照顧者、他的發言人，以及他整個支援系統。我必須從頭學起一切：如何管理他的藥物、監測他的健康、了解他的營養，並留意每一個微小的變化。」

— Geli (為丈夫 Wai 提供照護的照顧者，說粵語)





Ways you can help

- » Go with them to medical appointments: Attending appointments together can help you both understand what's happening and ask the right questions. Write down any questions beforehand and talk together afterwards about what was said.
- » If they are in hospital: You can call the doctors or nurses for updates. Ask about the best times to visit, and remember to look after yourself as well — eat properly, rest at home, and pace your day. Bringing snacks or activities you both enjoy can make visits more comfortable and meaningful.

Expect mixed emotions

Caring for someone with a rare cancer can be unpredictable and may take longer than you expect. The person you are caring for may feel many different emotions — fear, worry, frustration or sadness — and all of these are completely normal. You might sometimes feel unsure about how to help or feel helpless but simply being there with care and love makes a big difference. Encouraging them to seek professional support if needed can also be helpful.

Day-to-day caring can feel like a full-time job. While caring for someone can be rewarding, it is also important to look after yourself, so you can continue supporting your loved one over time.



您可以提供協助的方式

- » 陪同他們就醫：一起前往預約有助於你們雙方了解情況並提出正確的問題。事先寫下問題，並在事後一起討論談論到的內容。
- » 如果他們住院：您可以致電醫生或護士了解最新情況。詢問最佳探訪時間，並記得也要照顧好自己 — 好好吃飯、在家休息，並安排好一天的活動。帶上你們都喜歡的零食或活動，可以讓探訪更舒適和有意義。

預期會有複雜的情緒

照顧罕見癌症患者的過程可能充滿變數，並且可能比您預期的時間更長。您所照顧的人可能會感受到許多不同的情緒 — 恐懼、擔憂、沮喪或悲傷 — 所有這些都是完全正常的。您有時可能會不確定如何提供幫助或感到無助，但僅僅是帶著關懷和愛陪伴在旁就能產生巨大的影響。鼓勵他們在需要時尋求專業支援也會有所幫助。

日常照護可能感覺像一份全職工作。雖然照顧他人可能帶來回報，但照顧好自己也很重要，這樣您才能長期持續地支持您的摯愛。

Get support and information in your language

If English is not your first language, it can be harder to understand cancer information and ask for support.

You can request an interpreter to join your appointments.

Contact RCA



RCA's Specialist Cancer Navigators are experts in rare and less common cancers. They can support you and your loved ones with information, guidance, and care planning. You can get in touch by phone, request a call back or by email.

By phone

The Translating and Interpreting Service (TIS National) provides free phone interpreters in more than 150 languages.

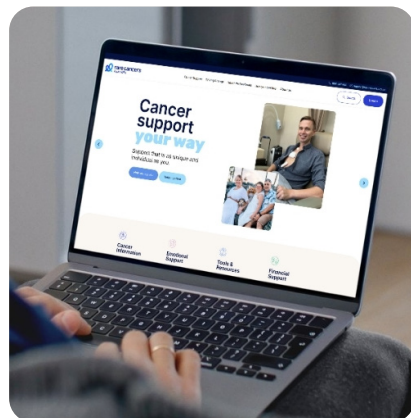
To speak with RCA's Specialist Cancer Navigators through an interpreter, call TIS on 131 450 (Monday to Friday, 9am–5pm, excluding public holidays) and ask to be connected with Rare Cancers Australia.

Request a call back

You can ask for a call from a RCA Specialist Cancer Navigator — with an interpreter — through the RCA website. Simply visit www.rarecancer.org.au/languages and complete the form.

By email

You can contact the RCA team in your language by sending an email to support@rarecancers.org.au



How RCA can help



RCA offers personalised support based on what matters most to you and your family. This may include:

Emotional support to help you cope with uncertainty.

Peer support to connect you with others who understand your experience.

Practical and social support to help you live as well as possible.

Financial support to help you find services and options that reduce costs.

Clinical support to help you work with your healthcare team and understand the system.

Find more information in your language

www.rarecancers.org.au/languages



獲取以您慣用語言提供的支援與資訊

如果英語不是您的母語，理解癌症資訊及尋求支援可能會更加困難。

您可以要求口譯員加入您的預約。

聯絡 RCA



RCA 的專科癌症導引員是罕見和不常見癌症的專家。他們可以透過提供資訊、指導和照護規劃，支援您和您的摯愛。您可以透過電話、要求回電或電子郵件與他們聯絡。

電話

全國口筆譯服務處（TIS National）提供超過 150 種語言的免費電話傳譯。

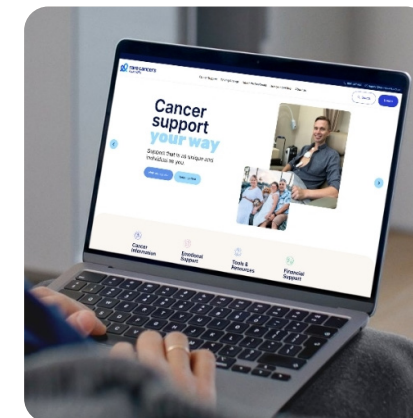
如需透過傳譯員與 RCA 的專科癌症導引員通話，請致電 131 450，聯絡 TIS（週一至週五，上午 9 點至下午 5 點，公眾假期除外），並要求轉接至澳洲罕見癌症協會（Rare Cancers Australia）。

要求回電

您可以透過 RCA 網站，要求 RCA 專科癌症導引員在口譯員協助下致電與您聯絡。只需訪問 www.rarecancer.org.au/languages 並填寫表格。

電郵

您可以透過發送電子郵件至 support@rarecancers.org.au，以您慣用語言聯絡 RCA 團隊



RCA 如何提供協助



RCA 根據對您和您的家人最重視的需求，提供個人化支援。這可能包括：

情感支援，幫助您應對不確定性。

同儕支援，讓您與理解您經歷的人建立聯繫。

實務與社交支援，幫助您維持良好生活品質。

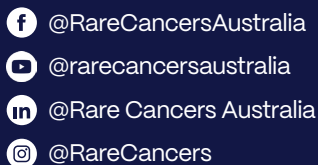
財務支援，幫助您找到可降低成本的服務和選項。

臨床支援，幫助您與醫療團隊合作並了解醫療體系的運作。

尋找以您慣用語言提供的更多資訊

www.rarecancers.org.au/languages





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