

## Psychosocial rehabilitation for oncology patients and their relatives

The Oncology Patient Support Association "Dzīvības koks" wants to help and provide support to people who have fled the horror war in Ukraine and have taken refuge in Latvia. We offer psychosocial rehabilitation programs for oncology patients and their relatives. Psychosocial rehabilitation is a 6-day program during which classes are offered under the guidance of a psychologist / psychotherapist, art therapist, physiotherapist and other specialists. The program is state-supported; it is prepared and provided in accordance with Cabinet Regulation No. 780 "On Psychosocial Rehabilitation Services for Persons with Oncological Diagnosis and Their Relatives". Residents of Ukraine who have arrived in Latvia as asylum seekers are also entitled to receive this service in Latvia.

### Psychosocial rehabilitation

Thousands of people who have been forced to leave their homes have arrived in Latvia, who have turned their internal resources into a mode of survival, which helps to overcome abnormal stress and live with experiences.

If we talk about cancer, then the oncological disease itself affects different areas of life, changes the usual way of life, creates physical and emotional experiences. And it is safe to say that losing ground under the feet of refugees is a double and a triple stress, as there must also be clarity about the treatments, examinations and other manipulations needed to maintain life and health. Therefore, we remind you once again that asylum seekers from Ukraine have access to all the same health and social care as Latvian residents! (Information [www.vm.gov.lv](http://www.vm.gov.lv))

That is why we offer people with oncological diseases to participate in a psychosocial rehabilitation program together with their relatives. In the program, it will be possible to manage stress together with specialists, receive support for evaluating the new situation, help to understand how to continue living with a diagnosis while in Latvia.

#### What makes up a program?

- It is a 6-day program during which participants live in a guest house by the lake.
- The program places great emphasis on group therapy under the guidance of a psychologist / psychotherapist and an art therapist.
- Individual consultations with specialists are also provided.
- The psychosocial rehabilitation program pays close attention to physical activity.
- During the psychosocial rehabilitation program, a family atmosphere is created, which also ensures and promotes mutual support, awareness and stability.

#### How do I apply for the program?

The application for the program is done electronically, but our application forms are only in Latvian, then please call: 67625339, 26323636, 29235677...., or write to e-mail: [dzivibaskoks@dzivibaskoks.lv](mailto:dzivibaskoks@dzivibaskoks.lv). We can provide communication in Russian, English and Latvian. We offer a rehabilitation program in Russian.

What you need to apply to the program:

- Identity document (issued in Ukraine);
- Has an asylum seeker's certificate been issued in Latvia;
- Proof of oncological diagnosis, which may be an extract from a medical institution in Ukraine, or an extract / recommendation if you are registered in a Latvian health care institution / doctor.

Come and participate! You are not alone!