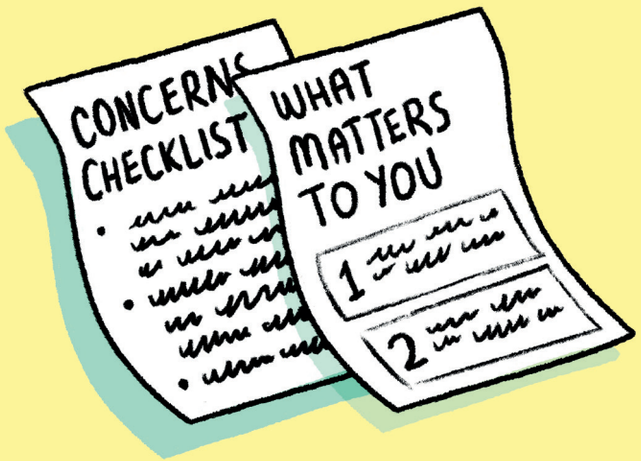


How it works

You will be invited to complete a checklist about any concerns that you have at the moment.

You fill it in to discuss your concerns with your care team.

We will then create a support plan together - personal to you.

Next Steps

Please ask your care team if it's something that you might like to do now.





You can also find out more by watching this video:



Holistic Needs Assessment

We know that a cancer diagnosis can affect many areas of your life, not just your physical health.

Completing a **Holistic Needs Assessment** can help you to identify what support is available, and is a way for us to personalise your care.

Your Wellbeing: Making your support plan happen

What is a support plan?

Developing a support plan helps you discuss your concerns and personalise your care after a cancer diagnosis. It is about you as a person and considers all aspects of your life, not just physical symptoms.

You might see this referred to as a Holistic Needs Assessment or an HNA on paperwork and by staff.



"Holistic" basically means looking at all aspects of your life when deciding what kind of support you need.

When to talk about your wellbeing

You decide when works best for you. An HNA can happen at diagnosis, during or after treatment, and you can ask for another one anytime your needs change.

How? Talk to your care team and request an HNA. Ask about how you can have your follow-up discussion. It should happen in a private, comfortable setting, which could be a hospital or health centre, or sometimes at home – in-person, over the phone or by video call.

Completing a support plan with your care team

This might be referred to as a care plan or personalised care and support plan. It typically involves three steps:



First, you'll complete a checklist or answer questions about your life at the moment. This helps to identify your concerns and what's most important to you.



Next, you will discuss your concerns with your care team. You can talk about anything that is worrying you.



You will then create a support plan together to manage your concerns – personal to you. You'll get a copy and it can be shared with your GP and other care teams with your permission.

It's all about your choice

A support plan lets you:



Find out more

Visit Macmillan Cancer Support if you'd like more information:

This infographic has been co-designed with patients and staff from Guy's & St Thomas' NHS Foundation Trust, Northern Care Alliance NHS Foundation Trust, Imperial College Healthcare NHS Trust and Macmillan Cancer Support as a part of the improving personalised care and support study (IRAS 312083). Artwork prepared in partnership with Nifty Fox Creative. © 2026 King's College London.

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