



# Simple means of support through the pandemic and beyond

Colores – the Finnish Colorectal Cancer Association

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# Finland and Colores

Finland is situated in northern Europe

Approximately 5 549 807 habitants

Over 3600 crc cases each year and increasing

 Colores- the Finnish Colorectal Cancer Association, established 2007, provides information and support for people with crc, their carers and for people with Lynch syndrome







# Accessible, understandable and reliable information is always needed

## 2021- 2022

### Booklets

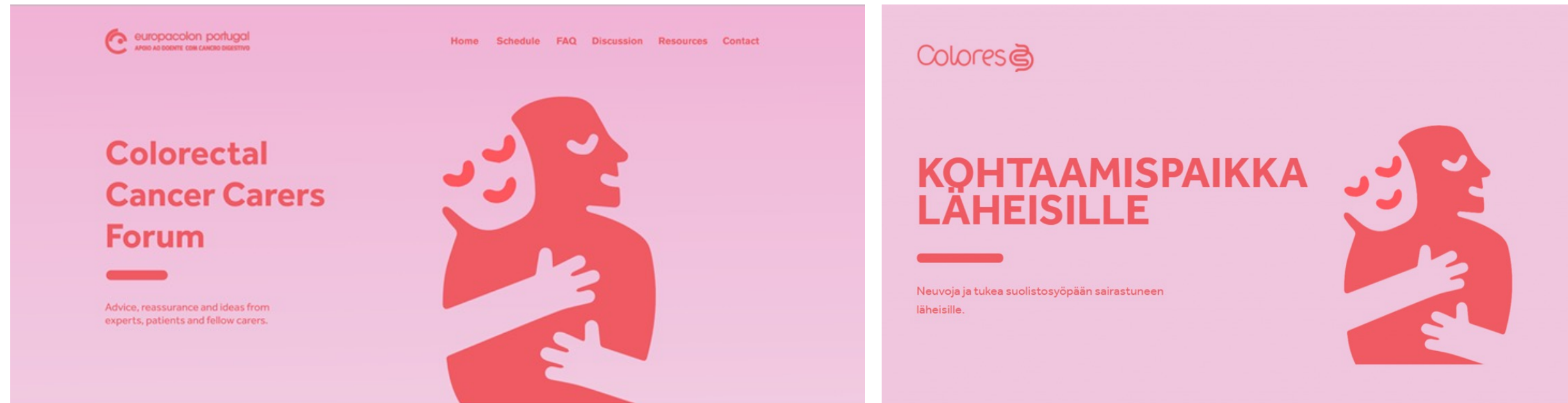
- Patient booklet (updated) **2020-2021**
- Booklet on nutrition for someone who has been operated for crc (meeting a need) **2020**
- Booklet for someone who is caring for someone with crc (**2021**) DiCE
- Booklet for people with Lynch Syndrome, on going, ready by the end of **2022**

### Digital (pdf) and printed

Translation of the Finnish booklets into Swedish (the other official language in Finland) **2022- 2023**



# Two multi-stakeholder collaborations to support carers - All digital 2020-2022



- Carers' forum and monthly meetings at the Forum (2021→)
- Carers' cards (2020) digital and physical card decks for carers and professionals



- Empowering aphorisms in four different topics, five cards each
- Recognizing one's emotions
- Recognizing one's thoughts
- Taking care of oneself
- Self-compassion

- Digestive Cancers Europe
- PING Helsinki, Sanna Wicksröm/Hidasta elämää (text), Tiina Arponen (pictures), Carers' co-creation, sponsored by Merck





## What all can you do on-line?

- Peer support (2020→)
- Webinars (2020 →)
- Relaxation exercise (2020→)
- Guided abdominal exercise for people who have been operated in the bowel area (2022→)





## Expanding the digitalization from adaptation to development and expansion of services

### The most relevant achievements 2020-2022

- Updated and new information in accessible form (2020-2022)
- **Carers' cards** (2020) multistakeholder collaboration
- **Carers' Forum** (2021 – on-going) with the support from DiCE
- **Relaxation and guided exercise on-line** (2020 – on-going) Taking advantage of the digitalization, stimulated by COVID-19 pandemic, and meeting the needs of the customers which were earlier difficult to deal with





# Thank You

Thanks to Colores Team- the staff and the valuable volunteers  
Thanks to great collaboration in our networks





# Questions?