

# Handling advice - Kapohia



Needing to “do something” or “fix it” is quite a common response when people have a friend or whānau member who has a serious illness. You may find that people come to you with advice, other treatment options, or even overseas trials that they’ve come across.

Some advice you might find interesting or helpful, and you might want to look into it further. There might be options to explore that resonate with you and complement your treatment. For example, you might be interested in exploring complementary medicine or holistic treatments like Rongoā Māori meditation, acupuncture, reiki, and traditional or cultural healing,

If your whānau and friends bring you information that you are interested in exploring further, it’s important that you share it with your healthcare team. They’ll be happy to go through it with you to help you make informed choices about what’s right for you.

## Tip

Through the internet, people can become overwhelmed with the amount of information and potential treatments offered. The American Cancer Society has developed a helpful resource for critiquing medical information found online.



You might want to check it out yourself or direct others to it: [www.cancer.org/cancer/understanding-cancer/cancer-information-on-the-internet.html](http://www.cancer.org/cancer/understanding-cancer/cancer-information-on-the-internet.html)

If people are giving you information or advice and you’d prefer that they wouldn’t, here are a few tips of things you could say to them:

### Politely decline their help

“Thanks for sharing this with me, but I’m already working with my healthcare team to explore the best options for me.”

### Be honest

“I know you care and want to help, but hearing about new treatments all the time can be stressful for me.”

### Ask a trusted person to speak on your behalf

“I’ve asked [trusted friend/whānau member] to help me handle these kinds of conversations. Could you speak with them about any new suggestions?”

### Suggest that they email their questions / suggestions

“Could you please send me any questions or suggestions in an email? That way, I can review them when I have the time and discuss them with my healthcare team.”

### Redirect their energy

“I appreciate you wanting to help. It would be really useful if you could [mention a different task, such as helping with errands, planning an outing, etc.]. That would be a great support for me.”

*If navigating these conversations feels hard, ask someone you trust to help reinforce your choices and communicate your wishes on your behalf.*