## healthwotch Herefordshire

## Hidden disabilities Cancer

Reasonable Adjustments

Cancer is deemed a disability as soon as it is diagnosed. This includes non-invasive and early stage cancers.

Effects will depend upon the nature and location of cancer, but general effects are likely to be:



- stress;
- fatigue; and
  - weakness.





Work Place Reasonable Adjustments: what you and your colleagues can do at your workplace



## Always consult the individual.

In most cases, valuable adjustments would be those which alleviate stress, fatigue or weakness, e.g.:

1. Reduced or changed hours with the option of flexi time.



2. Increased rest periods and selfpaced workload.



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Work Place Reasonable Adjustments: what you and your colleagues can do at your workplace



3. Reduction of stress.



4. Arrangement of the workplace so less physical exertion is necessary



5. Controlled workplace temperature



Other adjustments will depend on the nature of the individual's illness and treatment.

For example, if the worker has respiratory difficulties, see ideas for Asthma