

Who are we?

We are an inter-regional survivors' group for those aged 18 and over from Luxemburg and the wider region. Our group consists of young adults who suffered from any kind of cancer or rare disease when they were children, youngsters or young adults (up to age 30). Our group is also open to survivors' brothers and sisters and partners.

Our mission

- Exchanging practical experience and information with one another
- Regular meetings
- Encouraging other patients
- Informing the general public

We are member of ICCSN (International Childhood Cancer Survivor Network) which has been established by CCI (Childhood Cancer International). Our survivors' group is supported by the parent's association "A heart for cancer sick children/youngsters and young adults", which is a full member of CCI since 2000.

Contact

Like to find out more about rehabilitation for youngsters and young adults?

E-mail us at :
survivors@kriibskrankanner.lu

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www.kriibskrankanner.lu
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Centers

Katharinenhöhe (Black Forest)

Rehabilitation center for children and their families, youngsters and young adults (oncology and cardiology)

www.katharinenhoehe.de

- 15 to 17 years – Youngsters' rehabilitation
- 18 to 22 years – Young adults' rehabilitation
- 23 to 28 years – Young adults' rehabilitation

Nachsorgeklinik Tannheim (Black Forest)

Rehabilitation center for patients in oncology, cardiology and mucoviscidosis and their families

www.tannheim.de
www.jungereha.de

- 16 to 21 years – Young rehabilitation
- 22 to 27 years – Adult rehabilitation
- 27 and over – Over 27s rehabilitation

Bad Oexen (near Bielefeld)

Specialist clinic for oncological rehabilitation and follow-on rehabilitation (oncology)

www.badoexen.de
www.badoexen.de/jugendreha/
www.jer-reha.de

- 14 to 18 years – Youngsters' rehabilitation
- 18 to 32 years – Young adults' rehabilitation
- 32 to 50 years – 32 plus rehabilitation

Survivors

inform young cancer patients

Rehabilitation for youngsters, young adults and over 30s



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Ministère de la Santé



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DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Sécurité sociale

This project is established by the "Survivors" of the parent's association "A heart for cancer sick children/youngsters and young adults" and supported by the Ministry of Social Security and the Ministry of Health.

Conditions

Are you young and have you been through intensive therapy? You've won the battle against cancer for the moment, but nothing is the way it was before. Whether you have to deal with physical changes, being dependent, being uncertain, being disabled, being physically weak, having to deal with confusing feelings, being afraid about the future or being unemployed...you feel that the consequences of the disease are still following you.

What we'd like to tell you is that there is something you can do about it. If you've dealt with the disease, you ought to be able to deal with the consequences better now, through suitable rehabilitation for youngsters, for instance, or rehabilitation for young adults or the over 30s!

To be eligible for a cure

- You must be age 14-32.
- The cure is also available for the over 32s (33-50).
- The stay takes one month and can be repeated.
- The request for a stay in a therapeutic rehabilitation center abroad is introduced by the doctor in charge of the patient and sent to Luxembourg's Social Security Organism which will establish an S2 form for the duration of the stay.

Costs are entirely covered by the Social Security.

These cures can be done immediately after the acute phase, two or three years later or much later as part of long-term follow-up care.

"Rehabilitation has made me realize: I'm not alone. I've got to know a lot of different people and built up some very intensive relationships. After all, somehow, because of what has happened to us, we have a very special connection with one another, a very special bond. It's a great feeling, knowing there are people who simply understand you without using a whole lot of words and without asking questions or criticizing everything. If it hadn't been for rehabilitation, I would never have had these valuable experiences!"

Franzi (21), Tannheim, 2012

"During rehabilitation, I was surrounded by like-minded people who I could talk openly with and who understood what I was afraid of...In group therapy, I grew beyond myself."

Yves-Henri (26), Bad Oexen 2014

"Rehabilitation was really nice for me, like it is every time. I could enjoy the time and leave all my cares behind."

Johannes T (28 years, 1987-2016), Katharinenhöhe 2005, 2008 et 2014

Offers

- Medical rehabilitation (e.g. medical treatment, relief or overcoming physical limitations, consequences of treatment etc.)
- Physiotherapy (e.g. massage, electrotherapy etc.)
- Ergotherapy (training for strength, mobility, stamina, etc.)
- One-to-one and group sessions, psychosocial therapy, sports therapy, art therapy, riding therapy, experience therapy, nutritional advice)
- Integrating with life: school, study, training, career advice and guidance
- Leisure activities (e.g. group excursions indoor/out door sports, creative projects)
- Relaxation (meditation, Qi gong, autogenic training)

Depending on the centers the offers for the cure are for patients having had cancer and since several years also patients with cardiological diseases and mucoviscidosis.



Survivors' group founded, July 2014