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appendix

Contains the full interviews and their summaries, as well as the survey results

INTERVIEWS

louise lindquist sassene

Interview with Louise Lindquist Sassene, 2021-01-21

This interview has been translated from Swedish. It was a semi-structured interview where Louise received the questions in advance and replied in an online document. After that we also met up digitally over Zoom to continue the discussion.

Louise is an architect and cancer survivor, living in Stockholm. She has shared her cancer experience on several podcasts and interviews. She is also an illustrator, drawing images relating to the cancer experience, which have recently been published in the book *Jag, din cancerkompis*.

Summary

During the interview, Louise gave us a generous glimpse into what it is like to live with cancer. The psychological effects of cancer might be just as difficult, if not more, than the physical ones. She explained the importance of seeing the mind and the body as closely linked, as health and recovery goes beyond that of the strictly medical treatments. She perceived that there was a gap in the cancer care today, where after treatments you are often abruptly abandoned by the healthcare system, and expected to go on with life like before. For many people this is impossible, as the "cancer hangover" stays with you, with anxiety, stress and fear of cancer recurrence looming in the back of the head. It is important to get help with these thoughts, and here Louise used stress rehabilitation as a good example of strategies that work also within a cancer rehabilitation context. Activities such as mindfulness and tactile massage can help to lower the harmful stress hormones in the body. Stress hormones can e.g. lead to cancer spreading faster in the body. Instead, positive substances, such as oxytocin, are released which increase wellbeing.

Louise also mentioned the benefits of exercise, as a way to clear the mind as well as give the cancer cells a less habitable environment in the body.

She mentioned the importance of breaking the stigma around cancer, it should not be something to be ashamed of. In relation to a cancer support center, Louise considered it good to make visible the illness in society and not hide it away. Therefore, architecture-wise is it good to have a visible building but with a gradient of private spaces within.

In order to get more young people to visit these centers, she considered it good to have activities for specific age-groups, as well as making sure to create a space which also speaks to the young.

Interview

Life with cancer

What is it like to live with cancer? What is the toughest? How much time did you spend at the hospital?

The most difficult is the fatigue. The chemotherapy completely knocks you out. And the uncertainty - if you get chemotherapy before surgery you still have the tumor and have to wait and see if you respond to the treatment - that is if it shrinks from the chemo.

The toughest is also to look like Gollum. You lose eyelashes and eyebrows too.

I was in the hospital for 280 days during a period of 11 months. Out of those days, five were spent in isolation where I almost died, since the chemotherapy broke down my immune system and white blood cells, making bacteria able to attack the heart, lungs and liver.

Did you get the support you felt that you needed? (from e.g. family, friends and the healthcare system)

My parents moved in with me and took care of the children, neighbors came with food and helped me leave and pick up my kids at the school/preschool since I was sensitive to infection. The school informed about the situation and they talked with the classes of the children, on their own initiative. That was nice.

But, the cancer care lacks the connection between mind and body. There was no psychiatrist at the oncology clinic. The mind and the body are closely linked, and to lower the cortisol levels and stress hormones I believe in mindfulness and tactile massage as a complement to the medical treatments. I first received that when I was hospitalized, as well as during rehab the week after finishing my treatments.

How much support did you get from the outside? E.g. UngCancer (Young Cancer) and similar organizations. Do you wish you had more support?

I was too old for UngCancer. I did not go to events. I was depressed and ashamed because I felt ugly, and took my walks at night when it was dark. But, after a while I started to draw about cancer under the name @cancerkompisen and got friends through Instagram.

Life after cancer

After being proclaimed cancer free, there is still a lot of anxiety and worries about cancer recurrence, this is called #cancerbaksmälla (cancer hangover) - look it up on the Ung Cancer website.

Do you visit the hospital today for follow-ups?

Once per year, according to the national health programme for breast cancer. If you get breast cancer that has spread to the liver, skeleton or brain it's too late, then there's no cure. But, for other cancer types you go more often.

What is the support to get after being cancer free? (Both from the cancer care and family and friends)

After finishing treatments you get 5-10 support meetings. You can also apply for 10 days of rehabilitation at e.g. Mösseberg or Masegården. But different counties have different rules. The demand to get this is that you should have undergone chemotherapy, surgery and radiation (i.e. the patients with the toughest treatment).

How are you feeling physically today? Did you change your lifestyle after the diagnosis?

I was vegan for a year, but now I eat and exercise normally again. Exercise is a great way to clear the mind from negative thoughts. If you oxygenate the cancer cells they don't have as good of an environment to live in. 30 minutes of exercise per day is recommended.

Cancer support center

Have you visited any cancer support center? Why/why not? What did you think?

Yes. I thought it was hard that there was a gap between the hospital and center for cancer rehab in Stockholm. They should be connected through both time and space so you don't have to tell people the same things over and over. During cancer treatment you are under the umbrella of the hospital, once you are cancer free you're expected to go back to normal life. The worries and uncertainty is extremely heavy. I went into depression after treatments, but got help from the stress rehabilitation sector, there they have a rehab team that takes care of everything. Here the cancer care has something to learn.

What do you wish you could get out of visiting a cancer support center?

Tactile massage, mindfulness and a program similar to the one for people suffering from stress symptoms - with different types of exercise and rooms for group discussion, exercise and therapy.

tactile massage is something very private, therefore it is important with a gradient in the building for both pulse and privacy.

What do you think is important for the body and/or mind to recuperate? What kind of atmosphere would be suitable to enable this?

A temple is a good example/role model. A calm place for the mind and the body to

recover. Cancer that has spread after recurrence spreads more easily through the body when you are stressed. So there is research behind the importance of calm. Study neuroscience and you will see the connection between hormones in the body connected to stress, exercise and touch.

Think about the impressions, and how they speak to the senses. Look at how it could be possible to release oxytocin in the brain.

It is also very important to have fun, I rarely talk about cancer with my cancer friends. Many people who get breast cancer are high-performing women in the middle of their lives who are often stressed.

Would you prefer being discreet when entering the center, or should it be open? How to think with entrances, building placement, windows, etc.

I think that it should be open. There is a stigma around cancer, but soon half of the population will get cancer, and it is affecting more and more young people. But think of it as an onion with different layers: movement and activity for social meetings and communication in the middle and safe corners for calmness and privacy, and rooms without distractions and passages.

Use gradients, with rooms in the room with gradients of privacy, where people can choose to be a part of the activity or not.

What is required for young people to visit a cancer support center? (we have received information about it being mostly older people visiting e.g. the one in Borås)

You should be offered financed rehabilitation. It is rather the lack of these types of places that make them less visited. But you also need homogeneous groups age-wise so people can meet others of the same age. The young are also more on Instagram, and UngCancer have cancer get-togethers.

The problem is that many older people take on a cancer identity, while younger people don't want to be placed in that category.

I felt like my age group was a bit left out, since I was too old for UngCancer but felt too young to connect with the elderly. And it isn't fun to be around people who just talk about their difficulties all the time.

When you're young you often get the toughest treatments, because your body is expected to be able to handle more. Many more cells are active and divide faster when you are young. Then chemotherapy kills all the fast growing cells, affecting the hair and nails etc.

In 2030, half of the population will get cancer at some point in their life, so we have to break the stigma around cancer. It's not you today but it might be tomorrow.

Interview with Elke Miedema, 2021-02-04

The interview was conducted as a semi-structured interview digitally over Zoom.

Elke finished her PhD thesis in 2020 and is our master thesis tutor. She also has a personal experience with cancer, she is a daughter to someone diagnosed with cancer.

Summary

In the interview Elke talks about how it is when someone close to you is diagnosed with cancer. How life gets very different from before and that the time mainly is spent on focusing on the person with the diagnosis. Personal life, friends and work comes in second hand and it is hard to plan a head.

Covid has in this case helped the family to be there for the mom, since work already is on distance the temporary move back home is possible. This has made it possible for Elke and her brother to be there for their mom, physically. They can support her when having hospital visits, and in this way also being included in the conversations taking place there. The support from work is good and the social workers in the Netherlands offers their support to the relatives as well.

To visit a center Elke thinks she would like a reason for it, it could be a lecture or an appointment, but something that helps you to actually get there. She states that it is important that there are possibilities for doing the activities seated. The center should not consist of hard materials, but a lot of green and natural materials to look at when having deep conversations.

Interview

If you are comfortable with it, can you tell us about your mother's diagnosis?
In December 2018, she got pain in her stomach. It grew quickly, could feel it grow. Cancer in the ovary, far already and it was growing quickly. Operated in summer 2019, 10% survival rate. Chemo after operation, for a long time. Looked good at the time. People live on average 5-10 years more. Back in May 2020, me and my brother rushed home. Her partner (the mom's) is not living in the Netherlands. Chemo during the summer seemed fine. In January 2021 it flipped again. It goes up and down and you can't plan anything.

In certain circumstances it is legal to end your life in the Netherlands, only in certain cases. 1-2 months left. My mom wants to do it. She's afraid to go to the hospital by herself, they all come with her, even now during Covid her circumstances allow it.

How has your/your mother's everyday life been affected by the diagnosis?

The mother is stuck at home, can't really go anywhere due to her bone necrosis. It is very tough. I'm happy to have work, getting comfort from seeing others and from Maya. Since everything already is online it works being in the Netherlands and work.

She lives by herself in the apartment, wants to be independent. Her partner lives on his farm in France. Her sisters come to visit a lot too. But want to keep it as normal as possible

What is the most difficult part of being close to somebody with cancer?

Very little time for yourself and it is impossible to plan things. You don't live your own life anymore. In one way you want to talk about it but sometimes you get too fed up. I talk a lot to my mom's friends, then I don't have energy to talk to my own friends.

Do you feel like you have been able to support her ?

Have been able to be there for her physically but she does not want them to help her with hygiene and such. We help with the household chores. I think I have been able to support her. Been difficult conversations, but we've taken them.

Do you feel like you have the need to get support? And in case, have you gotten the support you need?

Good support from Maya and from Chalmers. When she was in the hospital, it was nice that they could be there in the conversation. Social workers asked them as relatives how they've been doing as well, and if they wanted to talk.

Gets a lot of support from my dad and he even visits mom.

When you think she only has days left you narrow down your life, but what if she has months? You can't live like that then.

Could get help with sorting these feelings out. Cleaning etc for the mom (homecare). From palliative work and social workers etc. They help you to ask for help.

Would(/have) you visit a cancer support center to talk to people in the same situation?

No, but maybe I should?

Been to the one on Copenhagen with school so would be easier to go there since she's already been there.

My dad has also had cancer but he's fine now.

It is a symbolic gesture to visit a cancer center - it makes it true.

Talking to others in the same situation?

Dad is a psychologist so I can talk a lot to him. So the need to talk to someone else

in the same situation might not be needed.

What would help you get to a cancer center?

Need an alibi to go there. A lecture? Appointment? Having somebody from the hospital actually taking you there?

Are there any specific activities/functions that you would appreciate?

Don't know. Mom is creative, she would like the art stuff, like painting and making mosaics. It should be possible to stay seated. Hospice? She's not sporty so not that. Lectures or bookclub?

What do you think is important for the body and mind to recover? And what atmosphere would you want to create to support this?

I really likes the nord center, nice materials, good acoustics, cozy, light and with wooden materials.

Maggie's of Rem Koolhaas, nice for an architect but.. Not to hard materials. If you have these deep conversations it is nice if you don't have to look at each other all the time. A lot of green and soft natural materials.

Would you prefer the center being discreet or open?

It needs to be open. You shouldn't be forced to hide or be in the open. Everyone isn't comfortable crying in front of people. Having different options is good.

What is your relationship to nature? (as a healing element!)

For me nature is increasingly important, not sure if it is because I read about how good it is or.. It is a nice distraction. To see plants and species.

Tries to think about my dad's garden when I meditate. All those "dream" places are always in nature for me. Not just look at them but be a part of it. Include birds.

Gotten to spend more time with my brother. They live far away and don't meet often. But it is nice and they stay with our dad and his wife.

Interview with Emelie Ogenhag, 2021-01-26

This interview has been translated from Swedish. It was conducted as a semi-structured interview digitally over Zoom.

Emelie got diagnosed with breast cancer in 2014 and is today a cancer survivor living in Gothenburg.

Summary

During the interview Emelie tells us about how cancer affects not just your body and not just you but your whole life. How treatment affects your body and that you can feel very ill for a period of time after, as well as having side effects years later. Pain in joints and brain fatigue is something that still affects her daily life, even though she found ways to make it better.

She tells us about how great the healthcare system is, while still undergoing treatment, but how you after that are let go, without any rehab or support of any sort. If you want rehabilitation this is something you need to find on your own. Emelie has fought her way to get the help she thinks she deserves, and wishes that the procedure for this shouldn't be a fight for those already weak. Rehabilitation should be a natural part of it, and she thinks many of the staff she met thought it was, but after treatment there was no step for this included.

Emelie tells us that she thinks it is important to find people that are like you when it comes to a support center and that you don't always have to talk about cancer, you need to think positive thoughts too. Something she experienced when working at Kraftens hus in Borås.

Interview

Life with cancer

What is it like to live with cancer? What is the toughest? How much time did you spend at the hospital?

I got sick in december 2014, a patient at the hospital for 9 months. Radiation, operation and chemo. An inpatient at two times. Doctor appointments, chemo 9-10 times, 1 h each time, radiation each day for five weeks, 25 times in total. I didn't feel ill immediately it came later on in the evening and it got worse for each time as well. A lot of side effects, the body had to handle three different chemos at the same time for three weeks. After that my joints hurt so bad we had to stop the treatment. After that we went back to only two different ones. After chemo I laid in bed and wasn't able to listen or watch anything, I couldn't eat.

CVK gave me blood poisoning.

I had a pretty large tumor that was spread to the lymph nodes. At the time I was only 29 so they treated me pretty aggressively. It gave me a lot of side effects and it took a long time to get to a tolerable life. The toxins took a lot on the body. I still suffer from brain fatigue and eat a medicine for 10 years that gets you into menopause, gives you muscle and joint pain.

The life around this was pretty chaotic. A lot happened, got fired because I was sick and therefore the sickness benefit lowered. I have a daughter, she was only 8. My partner had two kids as well but he didn't help at all so we separated. So in all of this I had to move, you need to handle everyday life at the same time as you're ill. My daughter's dad isn't always so easy to deal with either.

Did you get the support you felt that you needed? (from e.g. family, friends and the healthcare system)

Mom has helped me a lot with my daughter. She asked questions like what happens if my mom dies? She's always been able to turn to her grandmother.

I prefer to handle things myself. Got no support from my partner so I had to do everything on my own until he moved out.

No support from the healthcare for the daughter, they asked vaguely some time.

How much support did you get from the outside? E.g. UngCancer (Young Cancer) and similar organizations. Do you wish you had more support?

A lot of contact with Ung cancer but now when I turn 35 I'm too old to stay, if you're under 30 when you get diagnosed you can stay until 35. I'm pretty active on social media and I'm passionate about rehabilitation.

The healthcare system is top notch when it comes to cancer and treatment. But when this is done it's goodbye immediately. What happens now? There was nothing available then, it's a bit better now. No remission anywhere, I had a curator at Sahlgrenska but it wasn't great. It's good to be able to talk about it under the treatment but it's mostly worse after. During treatment you're focused on following the treating steps. And there's often a shock afterwards. The healthcare talks a lot about rehabilitation in each step but after the treatment was done and I asked about it no one knew anything about it.

I'm in a group at RCC. I can't believe they talk about something that isn't existing, it's all in their heads. They think that they send you to the next step but there is no next step.

How did it work for you with exercise during the illness and treatment?

Today they say it's beneficial. I did some during the treatment but not before, I could barely go to the refrigerator. I didn't exercise before.

I have a lot of pain in my life and tried many things, now I've found exercise. I go to the gym a lot now and it releases the pain, but it took some years. I've been better the last 1.5 years. This affects the mental health a lot as well. I have always had anxiety, even before, but exercise helps a lot. I get anxiety from the pain.

Most people at Ung cancer were done with treatment, which is hard to hear about when you're in the middle of it.

Should healthcare uplift exercise more?

Yes. Everyone does like the gym but there is something for everyone. It is important after a treatment like this, it takes time to build up the immune system again and to feel okay.

I had some fatigue and didn't want to be on the floor so I've been to a lot of rehab but I had to find it myself and that's something not everyone does.

I also had anxiety over dying and put myself on the psyche. I thought things to handle by myself. Much of the anxiety was that I didn't want to leave my daughter. I've gotten PTSD from the cancer and tried a psychologist but it didn't help.

Through Ung cancer you can get help to meet a psychologist, you then get 8 times over 6 months. I did this for 1.5-2 years, it helped more. I also went to pain school at Sahlgrenska.

Life after cancer

After being proclaimed cancer free, how does life look?

Much better but I'm not completely happy. Just started working on 50% since August. Much calmer in myself. Happy that I've been able to exercise for a year in a row now.

Do you visit the hospital today for follow-ups?

Mammography once a year. Enrolled at the surgeon, I can go there if something starts to hurt. You have to check things up since relapse is common.

How are you feeling physically today? Did you change your lifestyle after the diagnosis?

Apart from the exercise, yes. I did a lot at the same time before, did not prioritize myself and I never said no, something I've changed now. Me and my daughter are the most important thing. It was hard but feels good now, it is important to be able to

draw a line.

Has it been tough on some friendships?

Yes, i was very social before but dont have the energy for it now. A few but very close friends today.

Cancer support center

Have you visited any cancer support center? Why/why not? What did you think?

Visited and work trained, for a year, at Kraftens hus. It was nice. I was one of the younger ones, mostly older people that go there. The number of younger people in small Borås is not that many. Afraid that many would put on the sacrificial cardigan, I want to see positivity. There is a life after cancer and it gets better. But that was not the case at all, we talked about everything, but of course got into cancer. You understand each other in a different way.

What activities and / or functions had you appreciated? What do you think is important for the body and/or mind to recuperate? What kind of atmosphere would be suitable to enable this?

I believe that this with mindfulness is important for many, I have a hard time relaxing. Guided relaxation is probably important.

Bonavia, an association that works with children of addicts. Always have pen and paper in front so you can always sit and draw a little and then disconnect the hard parts a little but still be involved. Little things to tinker with that are always there.

Different forms of training. People are interested in change, finding new things that give them more stamina. You have to find your thing when it comes to training, then it's fun and you do not have to go there or look for motivation.

Would you prefer being discreet when entering the center, or should it be open?

How to think with entrances, building placement, windows, etc.

Do not think it matters so much. Do not know. The open light.

No hospital environment, it's a big nono, so anything but that.

At the rehabilitation they were on, there were hospital beds, no one slept all week.

Many people have a hard time talking about cancer, but not her, but they can have a hard time if people can see. To reach everyone, it probably needs to be a little protected, but she doesn't care. Many people behave as if they have done something wrong.

Not too open but not too closed.

What is required for young people to visit a cancer support center? (we have received information about it being mostly older people visiting e.g. the one in Borås)

For Kraftens hus, it probably attracted more that she who was young was there. You probably need to be out a little more on social media, show that they exist and also that there are young people there. You are not in the same place in life as those who are old. Maybe not important what you have but the community. I go to a place like that to feel like one in the crowd.

Will there be fewer due to Ung cancer? Maybe they do not have it so often about 1 time / month.

I wanted to create a leisure center for young people with cancer. To tie them together and break the ice. Have a physiotherapist. The most important thing is the coffee room, that you can come and just be.

How do you find out that it can be positive to be there, not just depressed.

You are always at least 30 years younger and you are used to it but maybe not so eager to spend more time than you need.

Breast cancer association Johanna, I went to young Johanna. The others were around 40 but I felt older since I had a child. You need to find those who are in the same place in life and have somewhat the same interests.

Went on a rehab trip a few months after the treatment ended, then I found a bunch that I really clicked with.

What is your relationship to nature? Did natural environments matter to you while you had cancer? If so, how and what environments?

Well, both yes and no. Can go to a lake and just sit there, somehow. Many people appreciate it. I love to be outside when it is summer and hot but not when it is cold (I'm in too much pain). Nature is healing, who does not like it?

Interview with Jan Nyman, 2021-01-28

This interview has been translated from Swedish. It was conducted as a semi-structured interview digitally over Zoom.

Jan works at the oncology unit at Sahlgrenska and has an overall view into their cancercare.

Summary

Jan has a great view into the daily care at the oncology at Sahlgrenska. They have about 200 people coming each day, a fair distribution between men and women and the average age is about 67 years. Some people come for shorter periods each day and some for longer periods but not as often. How you feel after the treatment is very different from person to person but in general you feel worse the longer in the treatment you are.

Some people come from far away and there is a patient hospital at Gamla Högsbo Hospital. The cost is the same as if you were an inpatient but there is no medical staff. The rooms are old patient rooms and they are not really up to date. He thinks that a new patient hotel for cancer patients nearby Sahlgrenska would be good.

Jan says that there is mental support for both patients and relatives during the treatment. The need for the mental support, Jan thinks, is the biggest after treatment is finished. And as long as you're still in the hospital system he believes that this is given.

Interview

How many patients visit the oncology daily?

About 200 people each day, maybe a bit more.

How is the age distributed? And how is the distribution between men and women?

The average age is around 67. Some cancers have less spread in certain ages than others. We don't have any under 18, then you go to Östra instead. If they need radiation they come to Sahlgrenska but they have their base at Östra.

18-25 is a fairly small group but also the group that might need most support, you are just supposed to start your life.

It is pretty equal between men and women but some cancers are exclusive for each gender. Lung and bowel cancer are very equal between the genders but apart from the gender exclusive cancers there might be some more men in total.

At treatment, what is the average time spent at the hospital. Do you undergo more than one treatment a day? How much immediate physical effect do the treatments give? What are the consequences later on?

Radiation 1-2 times a day. It takes about 30 min but the treatment itself is only 2 min. 30-35 treatments. The first weeks are relatively fine but after the third week and onwards it is like a powerful infection in the affected area. It gets worse in the end and might stay for a month after finished treatment.

Medical treatment like chemotherapy, immunotherapy is given at daily care. It can take from 20 min up to 6 hours. A few are ongoing all day long. Immunotherapy is given by IV and takes about 30 min. Many feel ill and do even throw up after chemotherapy.

Chemotherapy probably gives a more general effect that disappears after a while. Radiation works more locally but it can be very difficult in that area and a lot of painkillers might be needed.

Depending on where in the treatment a person is it might be reasonable to visit a cancer center after treatment.

How many of Sahlgrenskas patients comes from far away and need some place to stay overnight?

There is a patient hotel, specially for those getting radiation. Since you get it at least once a day. It is located in Gamla Högsbo hospital and not in a great condition. It is also located away from Sahlgrenska, maybe 3 km, and doesn't have great public transportation options. The patients stay in old hotel rooms and are offered breakfast, lunch and dinner. There is a tv-room but not much more. A un-cozy and lonesome environment, next to a geriatric unit. A patient hotel in walking distance sounds good. There are patients coming from Strömstad and Töreboda about 3 hours away.

About 10 patients at the time coming from them, maybe more from other units as well. Johannesvillan exists for family to someone waiting for a heart or similar, it's located on Sahlgrenskas premises.

Can you bring a relative?

Yes. There is single and double room. It costs 100 kr/day food included, it's the same price as if you were an inpatient. It's a good idea to include this, and will give the building some more volume. The hotel isn't manned by healthcare staff but more of a hotel character.

The site is not far from the oncology but can they manage that walk during treatment? For most people it would be okay, there is a small hill but not much of an angle.

Do you see anything missing in the system today? And what do you think works well? It could be bigger and better, in Kreaftens bekempe hus, where I worked 10 years ago it was more patient focused, They had more facilities, more rehab and group exercises.

At Ryesgade in Österbro they seem to put a lot into their patients. Something that was experienced, they are a step ahead of us. More active physiotherapists, clinical studies etc. They connected patients with dietists automatically. The healthcare system in Denmark is different from Sweden. They take a bigger responsibility for the citizens.

How is the continuity when it comes to personnel?

We try to keep the same doctors from planning to treatment. And you have a contact nurse that is one of the first in the personnel you meet when coming to your first visit. If you are an inpatient the contact nurse might get a smaller responsibility for the time but it is someone you can call if you come up with something or have a question. The contact nurse also calls the patient to check up sometimes, this is something that is pretty rare.

What mental support is offered for people affected by cancer today? Not only the one with the diagnosis but relatives as well.

There is a unit called cancer rehabilitation. There two curators, one psychologist, a dietist and a physiotherapist works. You can get a time there but they are pretty fully booked. They have facilities in the lower part of the large building.

The healthcare have arranged some group activities throughout the years, something for relatives and some courses.

You need a remiss to go there but the threshold to get one is low. The contact nurse or doctor can write one. Inpatient gets a visit from the curator to talk to but also to get more practical help.

Relatives can go there too as long as it's cancer related, if they just want to talk I'm not sure.

When you're in remission, what support is offered then? Is it enough do you think?

In remission is hard, you can't see tumors immediately. Most people have checkups afterwards about every 3rd month for the first two years. Depending on what type of cancer you had.

You can still get support from curators and dietists. Often it isn't until afterwards you have time to think and feel bad psychologically. During the treatment most don't have time to think about what is actually happening so the need for mental support is probably biggest after treatment maybe before too when you just got the diagnosis.

Those that aren't in contact with Sahlgrenska anymore but with their local hospital might have a harder time to get rehabilitation. But pretty good for those that are in a rehabilitation program.

I was included in the workshop for Kraftens hus that ended up being in Borås. I think it's reasonable that it's not located at the hospital's premises. It's good if the possibilities for public transportation is good, but it's also great if it's beautiful and close to nature, these aren't often going together.

What a cancer center is supposed to contain isn't obvious. No need to copy Kraftens hus. Some kind of exercise, gym class, yoga etc. Showers and sauna. A lecture hall, meeting rooms, a large living room, fika maybe a cafe. Also some smaller rooms for meeting with a therapist.

Interview with Pleuntje Jellema, 2021-01-28

The interview was conducted as a semi-structured interview digitally over Zoom

Pleuntje Jellema finished her PhD thesis in 2020, with the topic "Foregrounding the built environment in experiences of (cancer) care: learning lessons for human-centred design"

Summary

During the interview, Pleuntje described some findings from her PhD studies. The need for a gradient of spaces and the spatial organization were important - how people move around in the hospital. Sensory qualities were also discussed: as smells, taste, light and color associations can be perceived differently for a person who has undergone chemotherapy. The changes of the body are important to take into account when designing for cancer patients.

The in-between spaces are also important, such as the waiting rooms and hallways. These are often overlooked spaces, but are often the places where people process their diagnoses, cry and reflect.

One common issue for patients were the distances - as people with cancer often suffer from severe fatigue it was of great importance how accessible the oncology clinics were. A short walk from the parking could be perceived as an enormous distance for a cancer patient, which was problematic for some people wanting to visit e.g. the Maggie's centers.

Nature was also seen as something beneficial to cancer care facilities, where the natural environment and its effects could help the patients in the reformulating their identity during or after their cancer journey.

Interview

Do you believe that the Maggie's centers still have something to learn? Did you discover any aspects or concepts that could be improved in that context?

Main points would be, although they are always connected to a clinical centre that the distances were limited. Having it away from the hospital was inconvenient, people have to walk a lot.

There is also the aspect of exclusivity. Maggie's work closely with the hospital. But if they don't it's more exclusive. Often it's mainly for breast cancer and women.

The visible structure is something that intrigues men and they have an interest there that they can talk about. It's through the architectural design and interior we have to try to appeal to everyone.

Maggie's have done well in not excluding anyone.

How to design it well with a limited budget? (Maggie's have millions)
Maybe crowdfunding? Connecting this to Maggie's, they do expand in the rest of the world.

What role do you see nature playing in cancer care facilities?

Snohetta built small buildings outside the hospital to get outside of these places. They are very different from Maggie's. There's not much of a kitchen etc. They've maximized biophilic design.

The natural environment can be something that helps people reformulate their personality, who you have become because of this period of cancer.

People in her studies had explicit thoughts of wanting to be close to nature.

Interview with Ulrika Ahlqvist, 2021-01-28

This interview has been translated from Swedish. It was conducted as a semi-structured interview digitally over Zoom.

Ulrika is one of the founders of Hjärnberikad, a company with a focus on creating brain health-promoting work environments, using up-to-date brain- and neuroscience research as scientific foundation. She holds lectures and works with long processes within e.g. the construction- and education sector.

Summary

Ulrika described the negative effects cancer can have on the brain, with large stress levels being one of the main issues. Stress makes us think irrationally, and makes the body produce harmful stress hormones. She also discussed the importance of lifestyle for the health of the brain, with a good diet, exercise, good relations and a curious and creative mind being important aspects. There are also the aspects of epigenetics, where the good or bad habits can actually program the cells in positive or negative ways, depending on the lifestyle choices.

In relation to architecture, Ulrika described the importance of sensory stimulation, and the more senses that are activated the better. Colors, shapes and natural materials are some things that help activate the brain in a stimulating environment, but of course it is important not to overload the senses either. Ulrika recommended meditation as one way to increase brain health, as it slows down the aging and helps release oxytocin, which helps to calm down the mind and increases trust and being open to social situations. Dopamine is also released, which also occurs when collaborating. To increase the serotonin levels, getting a good amount of daylight, food and exercise are some things that help. When the levels of serotonin are too low, a lack of appetite and depression can occur. Melatonin is another substance important for wellbeing as it regulates sleep. As many people tackling cancer have problems sleeping, it is extra important to try to follow the circadian rhythm, where natural daylight plays an important role.

Interview

What happens in the brain of somebody affected by cancer? Does the same process occur in the friends and family of the cancer patient?

Some cancer diagnoses can affect the brain physically. When we receive difficult information our bodies get stressed to protect ourselves. Reasoning and determining the scope of the threat becomes difficult. The cognitive part gets pushed away and unmanageable emotions can take over. But of course this goes up and down during the process.

It is good to get help tackling the severe stress reactions as early as possible, so that the "smart" brain can get activated again. Stress is like small inflammations, and the brain cells often get damaged while under too much pressure. Using the regular stress handling methods is one way to feel better.

Cancer can become like one's job, and it affects both the people with the diagnosis as well as their close ones.

The cells are also affected: the cells can even be programmed to activate other reactions or illnesses, which is something that can become permanent. It can be both positive and negative. Some signals that you are born with can change due to lifestyle choices, this is called epigenetics. In this way you can give yourself the best conditions, through e.g. diet, exercise and good relations. Experienced health and happiness is based on good relations, check out the TED-talk about the study that was made in the US during the 70's.

At Hjärnberikad, you talk about the "10 good habits" to follow for a brain as healthy as possible. Are any of these habits extra important for somebody affected by cancer? You can see this as a mental vaccine, a resilience. These are tools that can help handle extreme stress, it is beneficial to use these tools also during treatment.

These can be things like learning new things and staying curious, this keeps the brain flexible and malleable. It creates a palette of tools. It doesn't matter much what these activities are, as long as it is fun and interesting.

In which way can you work with wellness in this context?

It is important with a stimulating environment, that is both social and relaxing. In the cancer context, it is of course also important with spaces for recovery.

It is good to encourage social cooperation and interaction, and how to do it spatially is to program the environment according to the desired outcome. A space that clearly defines what is going to happen and how also encourages people to use it. Clarity makes a space become used. Promoting activities through nudging for example, one can look into how symbols and signals can affect us.

If a space needs to be flexible, it is good to use clear setups for the flexibility, so that the spaces are programmed for the different alternatives instead of being just too general. Conceptualize and define the scenarios that will take place, and how the space will then be used.

What can we as architects think about when creating spaces for increased wellbeing? Can we create spaces that encourage the release of positive neurotransmitters in the brain?

Creativity plays a big role, in different ways. A hospital environment needs to be

very sterile, but then the brain has nothing to work with. An enriched environment is beneficial to the synapses in the brain, using e.g. impressions, shapes, colors and stimulation. The brain then creates new connections. Multimodal sense stimulation is good, where you get to use as many of your senses as possible - not just the vision. But of course it is important not to get a sensory overload either.

A good example is using organic materials, as the input from nature gives both an enriched environment and a multimodal sense stimulation.

Creating new connections in the brain is what develops it. You need to keep them until you are old so that the brain stays malleable. The new connections also change the chemical balance in the brain which increases wellbeing. It's both about securing your future and feeling good in the here and now.

Meditation slows down the aging of the brain. Through meditation you can see a large difference in the oxytocin levels, which is the hormone that help us feel calm, trust and be open to social situations. You also receive dopamine.

It is important with a balance: both the safe and calm, but also the dynamic. Too much calmness can also become stressful.

Stimulation and recovery in combination with a healthy diet and physical activity is good. Exercise is very important, it is easier to create new brain cells when you move your body. The muscles also act as a filter for the stress when you exercise.

You also get dopamine from collaboration, both from giving and receiving encouragement.

Serotonin is the substance that gives wellbeing over time. We get it through e.g. daylight, which can pose a problem when spending much time in hospitals where you might not have a window close by. You also get serotonin from food and exercise, and by thinking about memories. A balanced amount of serotonin makes you feel good, having a too small amount can make you depressed and lose your appetite.

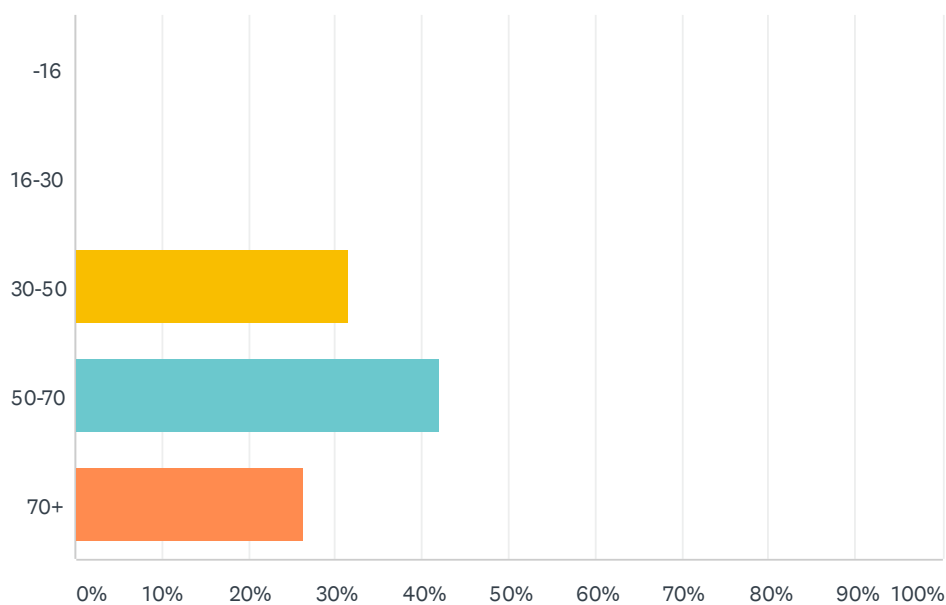
melatonin is also important, which helps our sleep. Following the circadian rhythm is the best for our brains.

Kraftens Hus

SurveyMonkey

F1 Ange din ålder

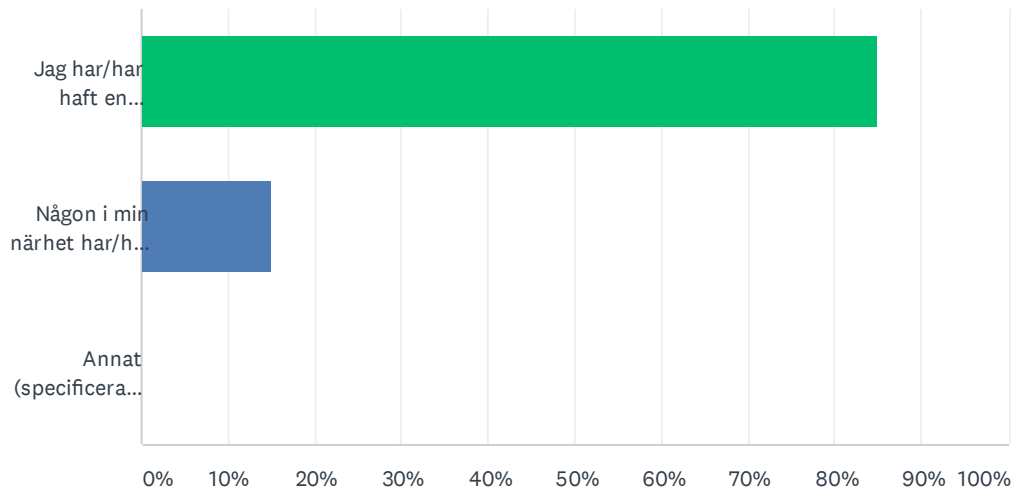
Svarade: 19 Hoppade över: 1



SVARSVAL	SVAR	
-16	0.00%	0
16-30	0.00%	0
30-50	31.58%	6
50-70	42.11%	8
70+	26.32%	5
TOTALT		19

F2 Hur berör cancer dig?

Svarade: 20 Hoppade över: 0



SVARSVAL	SVAR	
Jag har/har haft en cancerdiagnos	85.00%	17
Någon i min närhet har/har haft en cancerdiagnos	15.00%	3
Annat (specificera gärna)	0.00%	0
TOTALT		20

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

F3 Har du fysiska svårigheter som begränsar dig gällande aktiviteter?

Svarade: 20 Hoppade över: 0

#	SVAR	DATE
1	Nej	1/30/2021 10:54 AM
2	Vissa besvär att äta. Ingen smak eller lukt	1/29/2021 1:22 PM
3	Nej	1/27/2021 5:26 PM
4	Nej	1/27/2021 2:09 PM
5	Nej. Men jag är ju inte så stark som innan operationen	1/27/2021 12:21 PM
6	Nej	1/27/2021 11:32 AM
7	Nej	1/27/2021 10:20 AM
8	Nej	1/27/2021 9:46 AM
9	Nej	1/27/2021 8:06 AM
10	Jag har delvis problem med att lyfta och bära därmed lite svårt att delta i fysisk träning som yoga.	1/27/2021 7:48 AM
11	Nej	1/27/2021 6:40 AM
12	Ja. Jag har ingen ork fysiskt eller mentalt. Behöver bygga upp min kropp och dess muskler igen. Ingen styrka kvar. Extrem trötthet. Det kallas fatigue.	1/26/2021 11:54 PM
13	Ingen ork och sover mycket fått EP anfall som beror på mina hjärntumörer vågar inte gå ut själv ifall jag får anfall fast till kraftens hus åker jag färdtjänst och där får jag ny energi att hoppas	1/26/2021 11:34 PM
14	Ja Smärtor i ben och rygg + trötthet	1/26/2021 11:14 PM
15	Nej	1/26/2021 11:04 PM
16	Ont i höften och armen	1/26/2021 10:54 PM
17	Lite	1/26/2021 10:48 PM
18	Nej	1/26/2021 10:46 PM
19	Svårt att äta,samt svårt att tömma	1/26/2021 10:40 PM
20	Nej	1/26/2021 10:37 PM

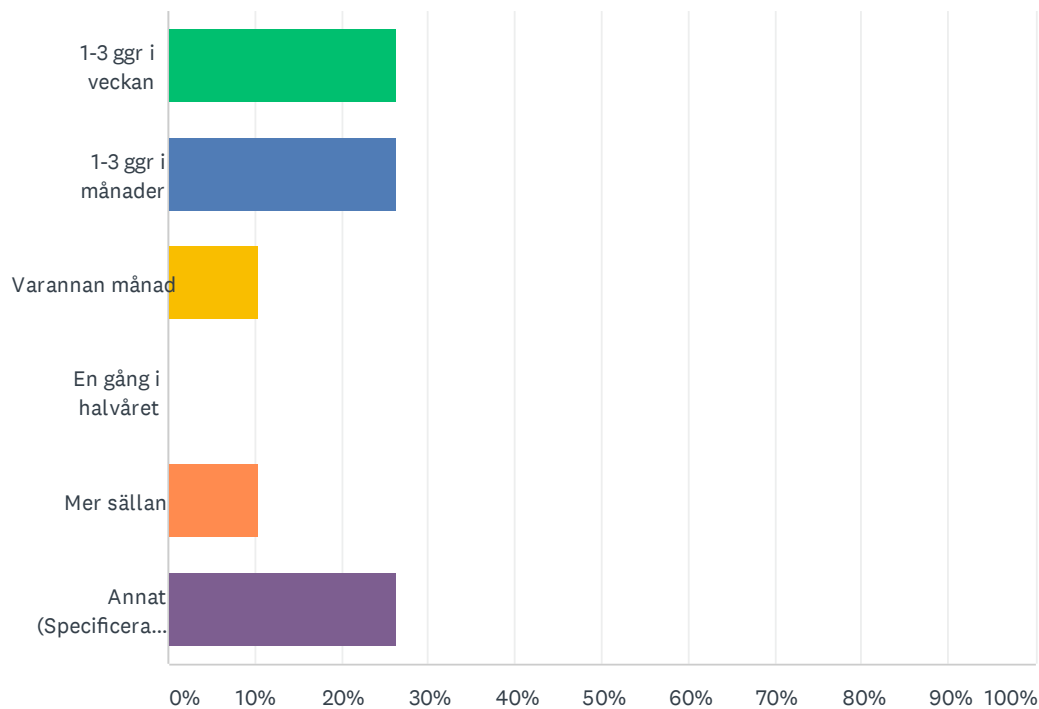
F4 Hur kom du i kontakt med Kraftens hus?

Svarade: 19 Hoppade över: 1

#	SVAR	DATE
1	Genom involverad person.	1/30/2021 10:57 AM
2	Reportage i lokaltidning inför starten.	1/29/2021 1:29 PM
3	Via Facebook	1/27/2021 5:31 PM
4	Dom finns i huset där jag jobbar	1/27/2021 2:11 PM
5	Jag bor i Borås. Visste att det fanns. Gick dit en dag och ville veta mer om kraftens hus.	1/27/2021 12:30 PM
6	När jag fick mitt cancerbesked på sjukhuset gick jag förbi en skylt i entrén på sjukhuset. "Ingen ska behöva vara ensam med sin cancer" Kraftens Hus stod det	1/27/2021 11:36 AM
7	Jag har varit med från uppstarten och fick inbjudan av RCC Väst	1/27/2021 10:30 AM
8	Fick information på SÄS onkologen	1/27/2021 10:23 AM
9	Via en bekant	1/27/2021 8:09 AM
10	Via en föreläsning	1/27/2021 7:53 AM
11	Genom Pro Liv, prostatacancer Föreningen!	1/27/2021 6:44 AM
12	Via kuratorn på SÄS som tipsade om det.	1/26/2021 11:59 PM
13	Genom Onkologen och två vänner som som har ungefär samma diagnos	1/26/2021 11:49 PM
14	Jag har varit med sen start	1/26/2021 11:17 PM
15	Jag var samtalspartner till en person som var med i starten	1/26/2021 11:12 PM
16	Fick info första ggn jag insjuknade	1/26/2021 10:56 PM
17	Genom bröstcancerföreningen Viola Sjuhärad	1/26/2021 10:52 PM
18	FB konto för lungcancerdrabbade	1/26/2021 10:50 PM
19	Via min kurator	1/26/2021 10:48 PM

F5 Hur ofta besöker du Kraftens hus?

Svarade: 19 Hoppade över: 1

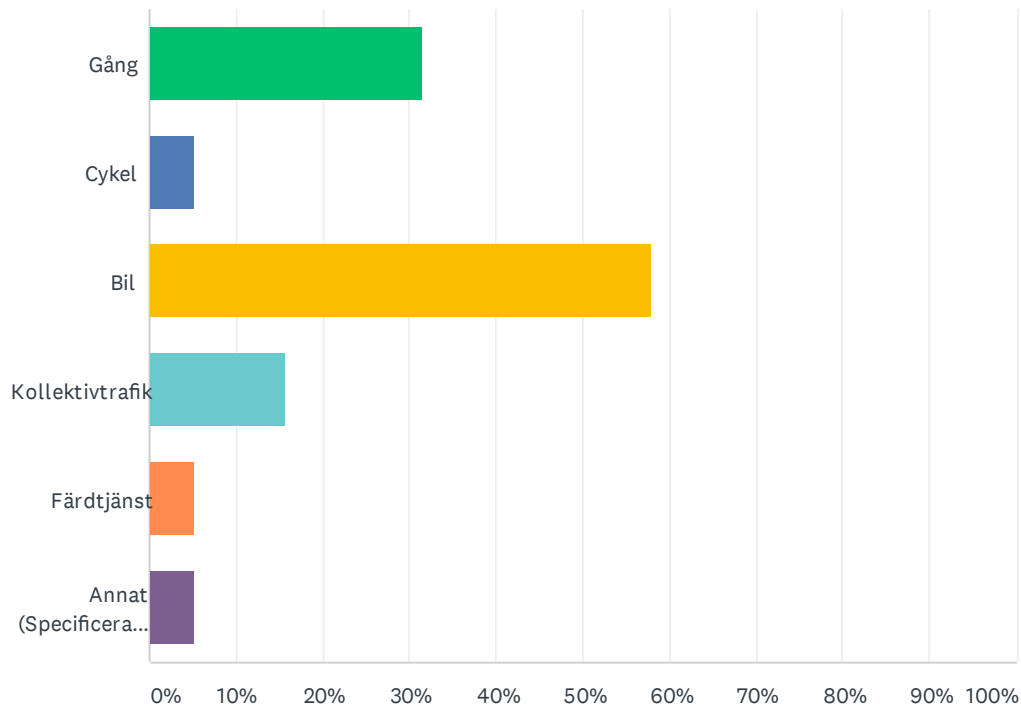


SVARSVAL	SVAR
1-3 ggr i veckan	26.32% 5
1-3 ggr i månader	26.32% 5
Varannan månad	10.53% 2
En gång i halvåret	0.00% 0
Mer sällan	10.53% 2
Annat (Specificera gärna)	26.32% 5
TOTALT	19

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Väldigt sällan tyvärr för att jag bor i Gbg. Om det fanns i min stad så skulle det ske mkt oftare!	1/30/2021 10:57 AM
2	1-3 i mån men hade varit oftare om inte covid härjat	1/27/2021 11:36 AM
3	Bara varit där fåtal ggr pga covid-19 och hårdare restriktioner. Vågar inte. Annars hade jag nog varit där 2 ggr/v på mindfulness och aktivitet eller socialt umgänge/samtal.	1/26/2021 11:59 PM
4	Går dit när jag inte mår dåligt kan bli en till två ggr i becken	1/26/2021 11:49 PM
5	Svår fråga i coronatid	1/26/2021 11:12 PM

F6 Hur tar du dig till Kraftens Hus?

Svarade: 19 Hoppade över: 1



SVARSVAL	SVAR	
Gång	31.58%	6
Cykel	5.26%	1
Bil	57.89%	11
Kollektivtrafik	15.79%	3
Färdtjänst	5.26%	1
Annat (Specificera gärna)	5.26%	1
Totalt antal svarade: 19		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Hiss	1/27/2021 2:11 PM

F7 Vilka aktiviteter eller sammanhang deltar du i på Kraftens hus?

Svarade: 19 Hoppade över: 1

#	SVAR	DATE
1	Har varit och fikat samt fått massage och varit på yoga.	1/30/2021 10:57 AM
2	Promenad med "gubbgrupp". Tisdagsfika.	1/29/2021 1:29 PM
3	Jag är volontär och är med på olika temakvällar.	1/27/2021 5:31 PM
4	Besök	1/27/2021 2:11 PM
5	Fikastunder, yoga, målar. Föreläsningar.	1/27/2021 12:30 PM
6	Målning, Mindfulness, Yoga , Fika	1/27/2021 11:36 AM
7	Jag arbetar där	1/27/2021 10:30 AM
8	Mindfulness, samtalsgrupp, fika,	1/27/2021 10:23 AM
9	Styrelsearbete	1/27/2021 8:09 AM
10	Så många jag kan, fika, målning, samtal, mindfulness	1/27/2021 7:53 AM
11	Samtalsgruppen	1/27/2021 6:44 AM
12	Aktivitet som målning Mindfulness Föreläsning	1/26/2021 11:59 PM
13	Fika yoga gruppsamtal som vi både pratar allvar och skrattar mycket ifall vi försöker peppa varandra när man går därifrån har man ett leende på läpparna min sambos ser hur mycket bättre av och gå dit	1/26/2021 11:49 PM
14	Måleri samtalsgrupper workshopsar med mat och pyssel fika Föreläsningar	1/26/2021 11:17 PM
15	Volontär och har samtalsgrupper deltar i målning, fika och andra aktiviteter varit med i styrelsen	1/26/2021 11:12 PM
16	Föreläsning	1/26/2021 10:56 PM
17	Föreläsning .mindfulness	1/26/2021 10:52 PM
18	Träff med lungcancergruppen från FB, Föreläsning om dietist. Framtida arbetet och ett " Kraftenshus i Göteborg"	1/26/2021 10:50 PM
19	Tisdags fika,Tisdags promenad	1/26/2021 10:48 PM

F8 Vad känner du att Kraftens hus bidrar med i ditt liv?

Svarade: 19 Hoppade över: 1

#	SVAR	DATE
1	Ett sammanhang som jag saknade väldigt mycket när jag var sjuk. En möjlighet att träffa andra som varit med om liknande upplevelser.	1/30/2021 10:57 AM
2	Fått vänner. Andra än familj att prata med. Helt odramatiskt att prata om cancer	1/29/2021 1:29 PM
3	En lugn och skön plats att komma till. Där jag kan bidra med min kunskap men också att bara vara medmänniska.	1/27/2021 5:31 PM
4	Glädje och go fika	1/27/2021 2:11 PM
5	Det är så skönt att komma dit och träffa människor som varit med om samma sak som jag. Jag känner mej omsluten när jag kommer dit. Av personalen och alla andra.	1/27/2021 12:30 PM
6	Att träffa personer som förstår och går igenom liknande behandlingar, att göra aktiviteter som gör att man släpper tankarna på cancer	1/27/2021 11:36 AM
7	Att kunna med sin egen erfarenhet av cancer att kunna dela det - ger glädje och styrka till både med mig och den som man hjälper.	1/27/2021 10:30 AM
8	Mycket! Här känner jag mig alltid välkommen. Fått nya vänner som har liknande situation som mig.	1/27/2021 10:23 AM
9	Energi	1/27/2021 8:09 AM
10	Trygghet, en känsla av att bli sedd o hörd, glädje	1/27/2021 7:53 AM
11	En Stor gemenskap!	1/27/2021 6:44 AM
12	Träffar andra som har större förståelse för det man går igenom. Träffa andra-det sociala. Tänka på annat en stund. Hjälp i rehabiliteringen tex med mindfulness o gympa.	1/26/2021 11:59 PM
13	Ett hopp att jag ska vinna över cancer hoppet är det sista någon få ta ifrån mig och kraftens hus ger mig hop ett liv efter detta	1/26/2021 11:49 PM
14	Att jag får energi. Att träffa likasinnade gör stor skillnad Att få måla en stund och glömma allt är skönt	1/26/2021 11:17 PM
15	Meningsfullhet, glädje, sammanhang och gemenskap	1/26/2021 11:12 PM
16	Inte så mkt men viktigt att det finns för dem som behöver och känner ett behov	1/26/2021 10:56 PM
17	Pga pandemin har jag inte varit där 2020	1/26/2021 10:52 PM
18	Trots avstånden så ger det trygghet att träffa andra som drabbats av cancer, kunna ha möjligheten att gå på föreläsningar	1/26/2021 10:50 PM
19	Man känner en inre frid när man är där	1/26/2021 10:48 PM

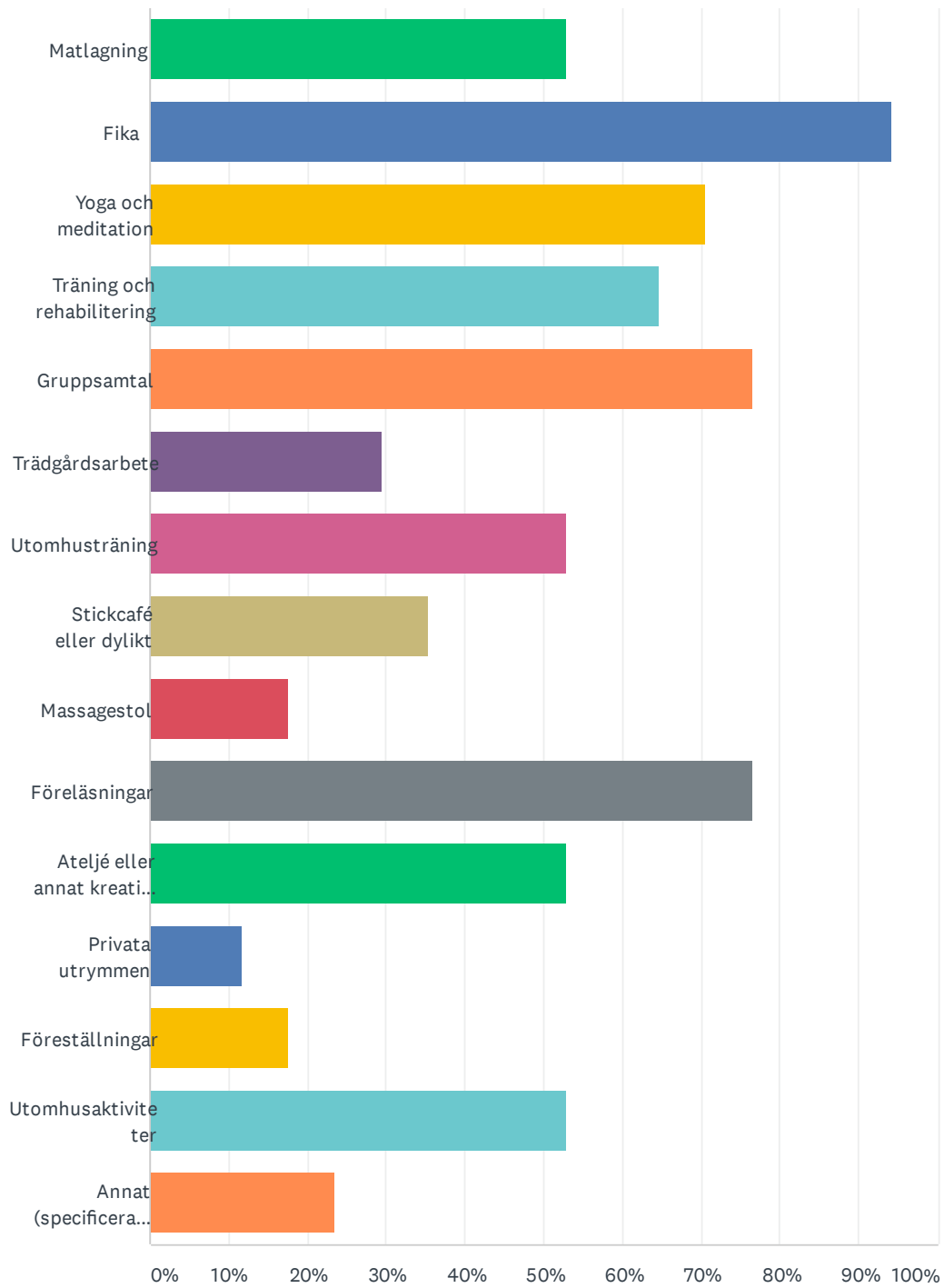
F9 I vilken del av Kraftens hus lokaler trivs du som bäst? Är det några utrymmen du inte använder dig av?

Svarade: 19 Hoppade över: 1

#	SVAR	DATE
1	Tycker hela lokalen är trivsamt.	1/30/2021 10:57 AM
2	I köket o vid fikabordet	1/29/2021 1:29 PM
3	Jag gillar köket och ateljén.	1/27/2021 5:31 PM
4	Pusselbordet	1/27/2021 2:11 PM
5	Jag trivs bra i alla lokaler jag varit i	1/27/2021 12:30 PM
6	Trivs överallt	1/27/2021 11:36 AM
7	Det stora rummet vid köksbordet	1/27/2021 10:30 AM
8	Alla	1/27/2021 10:23 AM
9	Pass	1/27/2021 8:09 AM
10	Stora samlingsrummet med köksbord, före,yoga rummet, kreativa rummet, samtals rummet det som ligger utanför	1/27/2021 7:53 AM
11	6:e vån, + cafeterian!	1/27/2021 6:44 AM
12	Alla är trivsamma. Lite hemliknande inredning.	1/26/2021 11:59 PM
13	Det enda jag inte använt är målningen men till våren om jag orkar ska jag pröva det också	1/26/2021 11:49 PM
14	Målarverkstaden Köket Krasch och Bang rummet	1/26/2021 11:17 PM
15	I den öppna köksdelen och i målrummet trivs jag bäst. Finns ingen del jag aldrig använder	1/26/2021 11:12 PM
16	Lokalerna är ju trevliga men lite sjukhusaktiga	1/26/2021 10:56 PM
17	Köket	1/26/2021 10:52 PM
18	Trivs i den stora gemensamma utrymmet kök/ matsal	1/26/2021 10:50 PM
19	Mest är det vid kaffe bordet,men känner mig trygg i hela lokalen	1/26/2021 10:48 PM

F10 Vilka funktioner/aktiviteter önskar du skulle finnas?

Svarade: 17 Hoppade över: 3

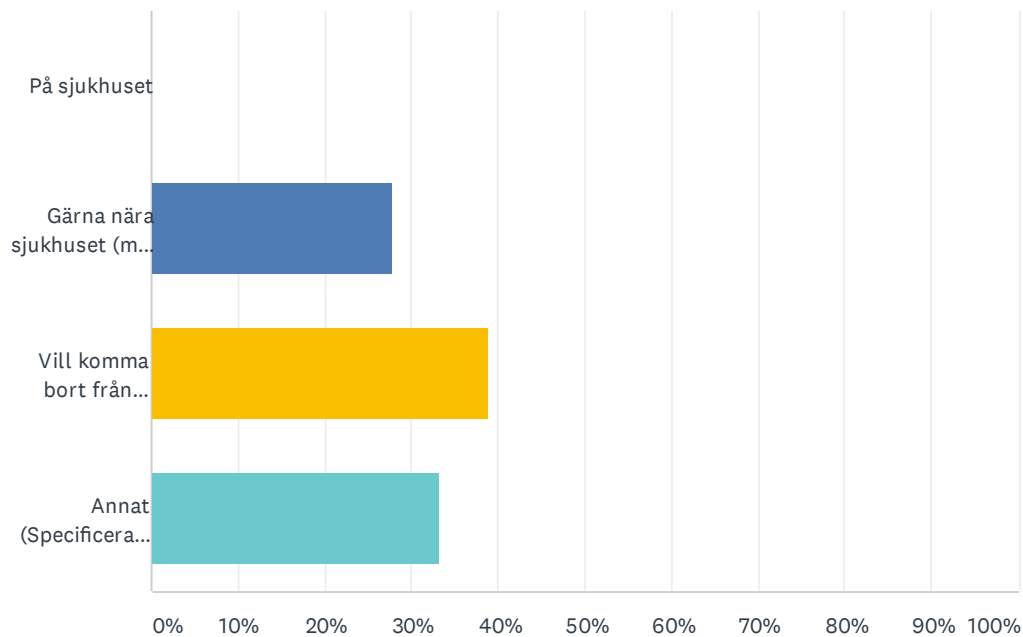


SVARSVAL	SVAR	
Matlagning	52.94%	9
Fika	94.12%	16
Yoga och meditation	70.59%	12
Träning och rehabilitering	64.71%	11
Gruppsamtal	76.47%	13
Trädgårdsarbete	29.41%	5
Utomhusträning	52.94%	9
Stickcafé eller dylikt	35.29%	6
Massagestol	17.65%	3
Föreläsningar	76.47%	13
Ateljé eller annat kreativt utrymme	52.94%	9
Privata utrymmen	11.76%	2
Föreställningar	17.65%	3
Utomhusaktiviteter	52.94%	9
Annat (specificera gärna)	23.53%	4
Totalt antal svarade: 17		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Mycket av det som räknas upp finns redan. Tjejerna på Kraftens hus har alltid något nytt på gång och är lyhörda för förslag.	1/27/2021 10:27 AM
2	Barn aktiviteter Spa möjlighet massage cancerngala tävlingar med utmaningar	1/26/2021 11:21 PM
3	Närmre sjukhuset	1/26/2021 11:15 PM
4	Vikten att alla kan komma oavsett cancer, ett hus även för anhöriga	1/26/2021 10:56 PM

F11 Placering av centret

Svarade: 18 Hoppade över: 2

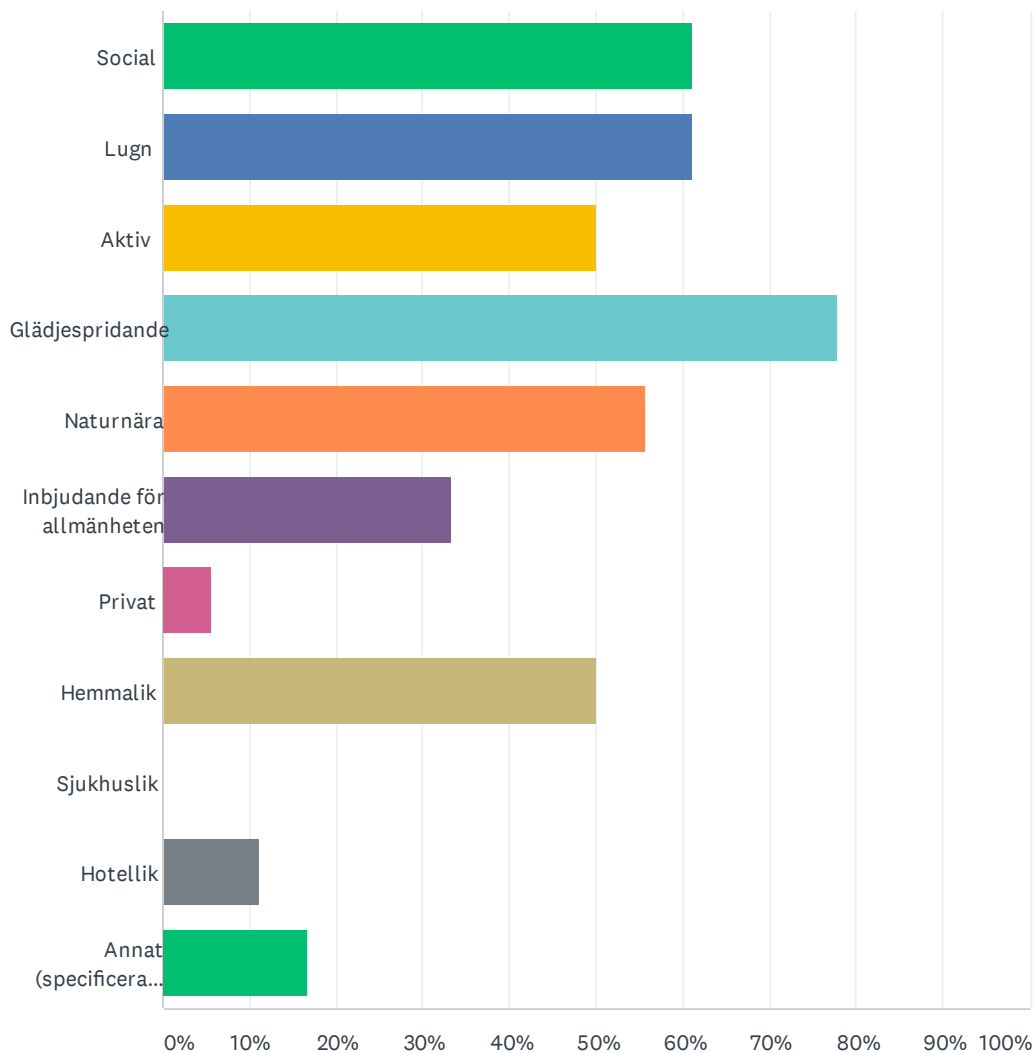


SVARSVAL	SVAR	
På sjukhuset	0.00%	0
Gärna nära sjukhuset (men inte på)	27.78%	5
Vill komma bort från sjukhuset	38.89%	7
Annat (Specificera gärna)	33.33%	6
TOTALT		18

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Spelar ingen roll. Huvudsaken är att något startas upp i Gbg. Behövs verkligen!	1/30/2021 11:00 AM
2	Nära natur	1/27/2021 5:33 PM
3	Det ligger bra där det ligger	1/27/2021 12:35 PM
4	Inte på sjukhuset , men någonstans med bra parkeringsmöjligheter	1/27/2021 11:39 AM
5	En plats som går att nå med bil eller kommunaltrafik, Inte sjukhus.	1/26/2021 10:56 PM
6	Naturnära	1/26/2021 10:55 PM

F12 Jag hade uppskattat om miljön i kraftens hus var

Svarade: 18 Hoppade över: 2



SVARSVAL	SVAR	
Social	61.11%	11
Lugn	61.11%	11
Aktiv	50.00%	9
Glädjespridande	77.78%	14
Naturnära	55.56%	10
Inbjudande för allmänheten	33.33%	6
Privat	5.56%	1
Hemmalik	50.00%	9
Sjukhuslik	0.00%	0
Hotellik	11.11%	2
Annat (specificera gärna)	16.67%	3
Totalt antal svarade: 18		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Jag är så nöjd med det som finns på Kraftens hus.	1/27/2021 12:35 PM
2	Täcker in alla behov.	1/27/2021 10:27 AM
3	Som hemma fast topp nodge.	1/26/2021 11:21 PM

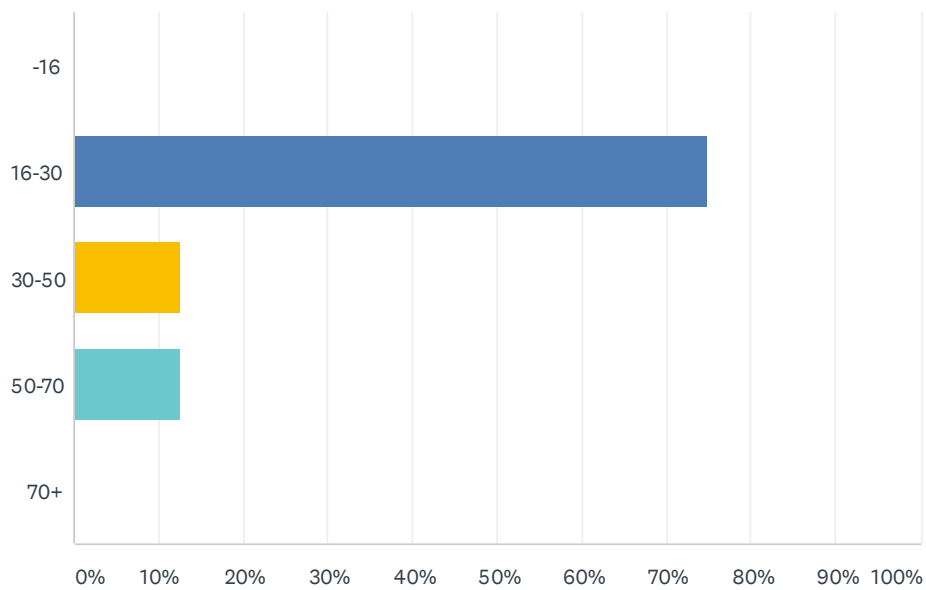
F13 Övriga kommentarer och tankar

Svarade: 7 Hoppade över: 13

#	SVAR	DATE
1	Kraftens Hus har hjälpt mej att få kraft att fortsätta leva, inte bara överleva.	1/29/2021 1:33 PM
2	Lycka till!	1/27/2021 5:33 PM
3	Hoppas att det kommer att finnas fler Kraftens Hus i andra städer. Det önskar jag alla som på något sätt kommit i kontakt med cancer.	1/27/2021 12:37 PM
4	Jag tycker att Kraftens Hus i Borås har jättebra lokaler, trivsamt och välkomnande.	1/27/2021 11:40 AM
5	Kraftens Hus i Borås betyder så mycket. Jag träffar likasinnade som vet vad jag går igenom och det finns alltid någon att prata med.. Där finns en värmande känsla som jag inte mött någon annanstans.	1/27/2021 10:30 AM
6	Så roligt att dom går ut på nätet och gör något som inte man kan vara med och chatta med dom om allt	1/26/2021 11:53 PM
7	Tyvärr kanske vi inte är så många från Göteborg utan många kommer från sjuhärad på Borås kraftenshus. Vi behöver ett kraftenshus i Göteborg.	1/26/2021 10:57 PM

F1 Ange din ålder

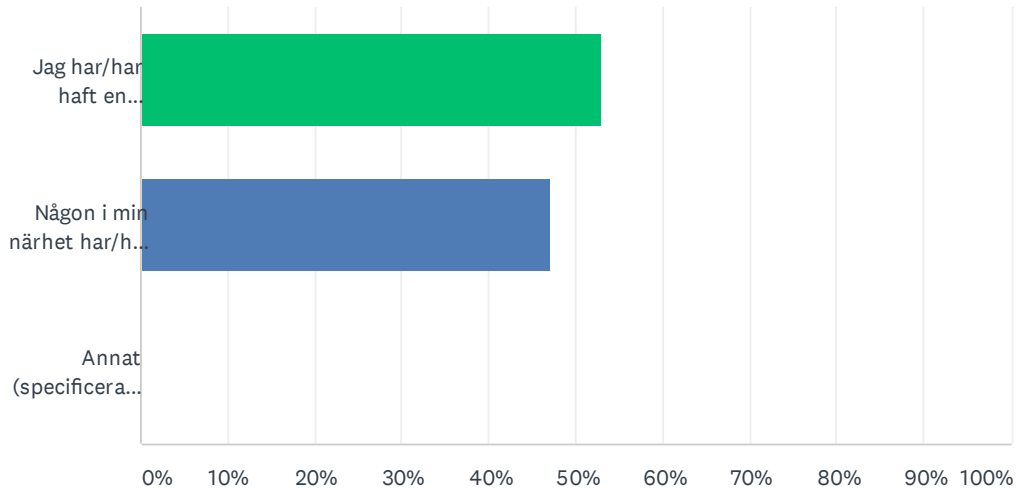
Svarade: 16 Hoppade över: 1



SVARSVAL	SVAR	
-16	0.00%	0
16-30	75.00%	12
30-50	12.50%	2
50-70	12.50%	2
70+	0.00%	0
TOTALT		16

F2 Hur berör cancer dig?

Svarade: 17 Hoppade över: 0



SVARSVAL	SVAR	
Jag har/har haft en cancerdiagnos	52.94%	9
Någon i min närhet har/har haft en cancerdiagnos	47.06%	8
Annat (specificera gärna)	0.00%	0
TOTALT		17

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

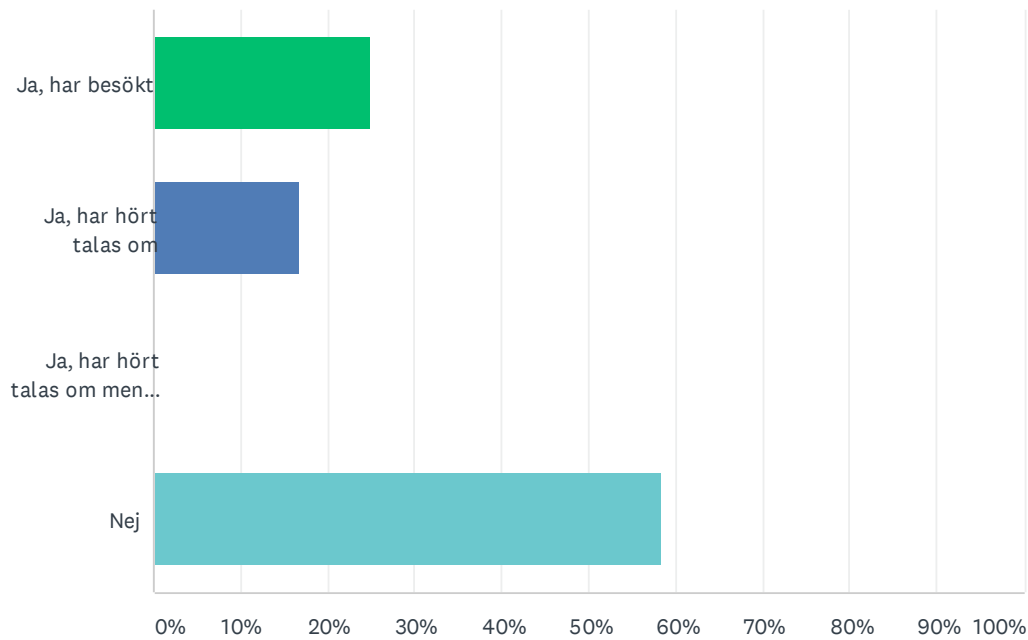
F3 Har du fysiska svårigheter som begränsar dig gällande aktiviteter?

Svarade: 12 Hoppade över: 5

#	SVAR	DATE
1	nej	2/9/2021 12:38 PM
2	Stelhet, smärtor i nacke och rygg. Nedsatt ork.	2/6/2021 4:49 AM
3	Nej	2/5/2021 8:19 PM
4	Ja	2/5/2021 7:04 PM
5	nej	2/5/2021 1:36 PM
6	Inte påtagligt, har bara 1 öga men påverkar endast få aktiviteter	2/5/2021 1:13 PM
7	Nej.	2/5/2021 1:01 PM
8	Nej	2/5/2021 12:55 PM
9	Nervskador	2/5/2021 12:52 PM
10	Nej	2/5/2021 12:47 PM
11	Inte längre	2/5/2021 12:44 PM
12	man tappat kondition och styrka totalt som inte går att bygga upp som det var innan det hindrar mig i sport/ridning att utöva sporten som jag vill/borde	2/5/2021 12:16 PM

F4 Har du besökt eller hört talas om ett stödcentrum för cancer tidigare?

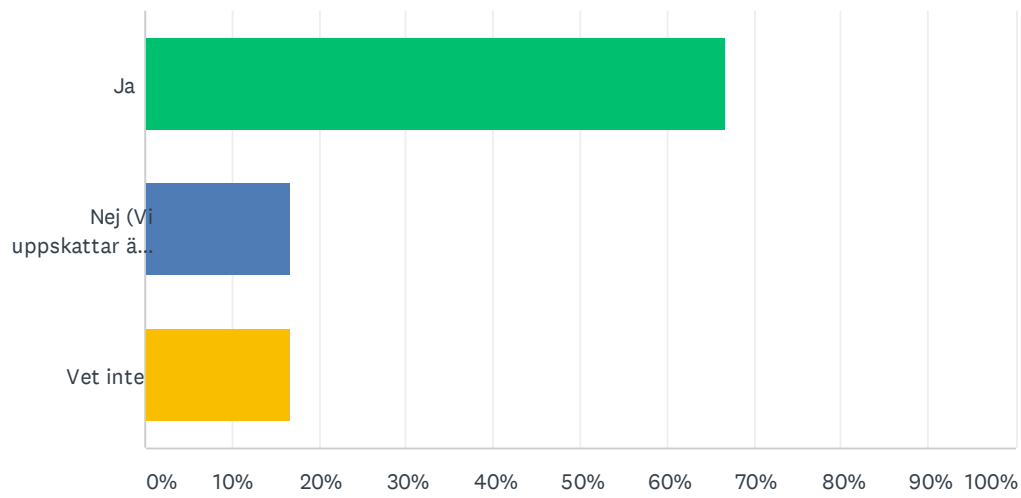
Svarade: 12 Hoppade över: 5



SVARSVAL	SVAR
Ja, har besökt	25.00% 3
Ja, har hört talas om	16.67% 2
Ja, har hört talas om men inte i Sverige	0.00% 0
Nej	58.33% 7
TOTALT	12

F5 Skulle du vara intresserad av att regelbundet besöka ett stödcentrum om det fanns ett i din närhet?

Svarade: 12 Hoppade över: 5



SVARSVAL	SVAR
Ja	66.67% 8
Nej (Vi uppskattar ändå dina tankar på resten av frågorna)	16.67% 2
Vet inte	16.67% 2
TOTALT	12

F6 Vad önskar du att ett stödcentrum skulle kunna stötta dig med?

Svarade: 10 Hoppade över: 7

#	SVAR	DATE
1	Att förstå vad det är som händer när någon tvinar bort. Både med personen och en själv. Att få svar på många av de svåra frågorna man har.	2/9/2021 12:44 PM
2	information	2/9/2021 12:38 PM
3	Träning, samtal, mötesplats med andra,	2/6/2021 4:53 AM
4	Rehabiliterande insatser. Både psykiskt och fysiskt. Även att kunna ge stöd till andra, utbyta erfarenheter	2/5/2021 8:23 PM
5	Rehabilitering, Träning, samtal, gruppaktiviteter mm	2/5/2021 7:06 PM
6	aktiviteter, träffa andra i samma situation	2/5/2021 1:38 PM
7	Terapi, möjlighet att prata om vad som hänt och att träffa andra patienter	2/5/2021 1:16 PM
8	För min del hade jag velat att de stöttade och hjälpte mig efter mina behandlingar. Det kändes som att jag "släpptes" av vården och som Ung Cancer skrivit mycket om kände jag en cancer baksmälla men kände inte att jag kunde vända mig till någon för hjälp. Så att få stöttning och hjälp med ens psykiska och fysiska mående, framtidsplaner oavsett om det är jobb eller studier hade varit toppen. Helt enkelt nån som fångar upp en efter ens behandling där man får en chans att landa och komma tillbaka efter det man varit med om. Någon som möter en där man är och har förståelse för ens situation.	2/5/2021 1:11 PM
9	Samtal och andra i samma situation	2/5/2021 12:48 PM
10	rådgivning och hjälp med kost och logi, träning	2/5/2021 12:18 PM

F7 Vad skulle kunna uppmuntra dig till att besöka ett stödcentrum?

Svarade: 10 Hoppade över: 7

#	SVAR	DATE
1	Jag hoppas kunna förbättra min livskvalitet efter att ha fått cancer	2/9/2021 3:51 PM
2	Att det är enkelt att veta hur man gör. Hur man tar sig dit. Att inte byråkrati är ett problem.	2/9/2021 12:44 PM
3	Öppenhet, gemenskap	2/6/2021 4:53 AM
4	Fin miljö, välkomnande och "varmt"	2/5/2021 8:23 PM
5	Lättillgängligt	2/5/2021 7:06 PM
6	gratis medlemskap, unga medlemmar	2/5/2021 1:38 PM
7	Att det var nära, välkomnande och att jag kände att det gav mig något	2/5/2021 1:16 PM
8	Om jag fick information om vilken typ av hjälp och stöttning jag kunde få där. Att det är en välkomnande och trygg plats med kompetent personal.	2/5/2021 1:11 PM
9	En öppen och härlig atmosfär	2/5/2021 12:48 PM
10	att det finns kunnig/utbildad personal	2/5/2021 12:18 PM

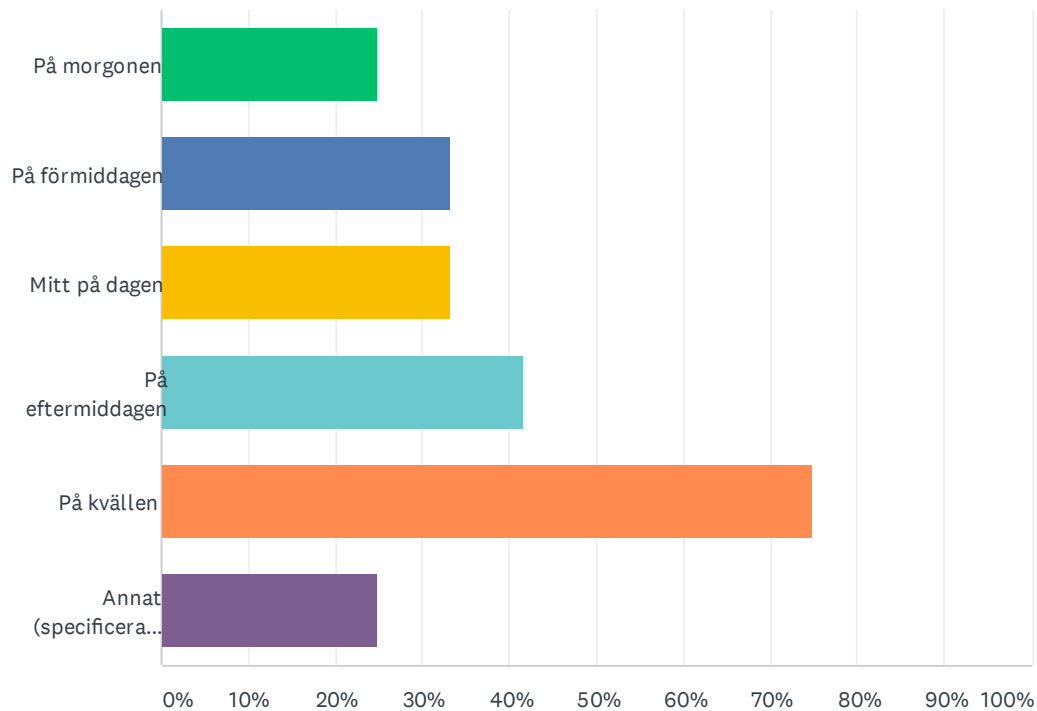
F8 Vad skulle kunna avskräcka dig från att besöka ett stödcentrum?

Svarade: 10 Hoppade över: 7

#	SVAR	DATE
1	Inkomstnivå	2/9/2021 3:51 PM
2	Att veta att de inte lyssnar på en, att de undervärderar ens frågor. Tidigare dåliga erfarenheter. Om någon bekant arbetade där - även om jag inte kommer i kontakt med denne direkt.	2/9/2021 12:44 PM
3	-	2/6/2021 4:53 AM
4	Personal med sjukvårdande inställning	2/5/2021 8:23 PM
5	Dyrt, långt avstånd	2/5/2021 7:06 PM
6	enbart äldre går dit	2/5/2021 1:38 PM
7	Långt att åka, tråkiga och instängda lokaler. Men i huvudsak att det va va bra personal	2/5/2021 1:16 PM
8	Om det inte fanns kompetent personal, att de ställde höga krav på en och inte hade förståelse för vad en varit med om. Tror att för mycket myndighetsstyrning och fyrkantighet i arbetet hade varit avskräckande, att det ställdes för höga krav på en och man inte sågs som en egen individ utan klumpades ihop med andra cancerberörda.	2/5/2021 1:11 PM
9	Om det kändes mörkt, dystert och tungt. Om det endast var personer där med diagnos.	2/5/2021 12:48 PM
10	att det var tillräckligt nära hem och inte typ 1h borta (stockholm är stort)	2/5/2021 12:18 PM

F9 Vilken tid på dygnet skulle du helst besöka ett stödcentrum?

Svarade: 12 Hoppade över: 5

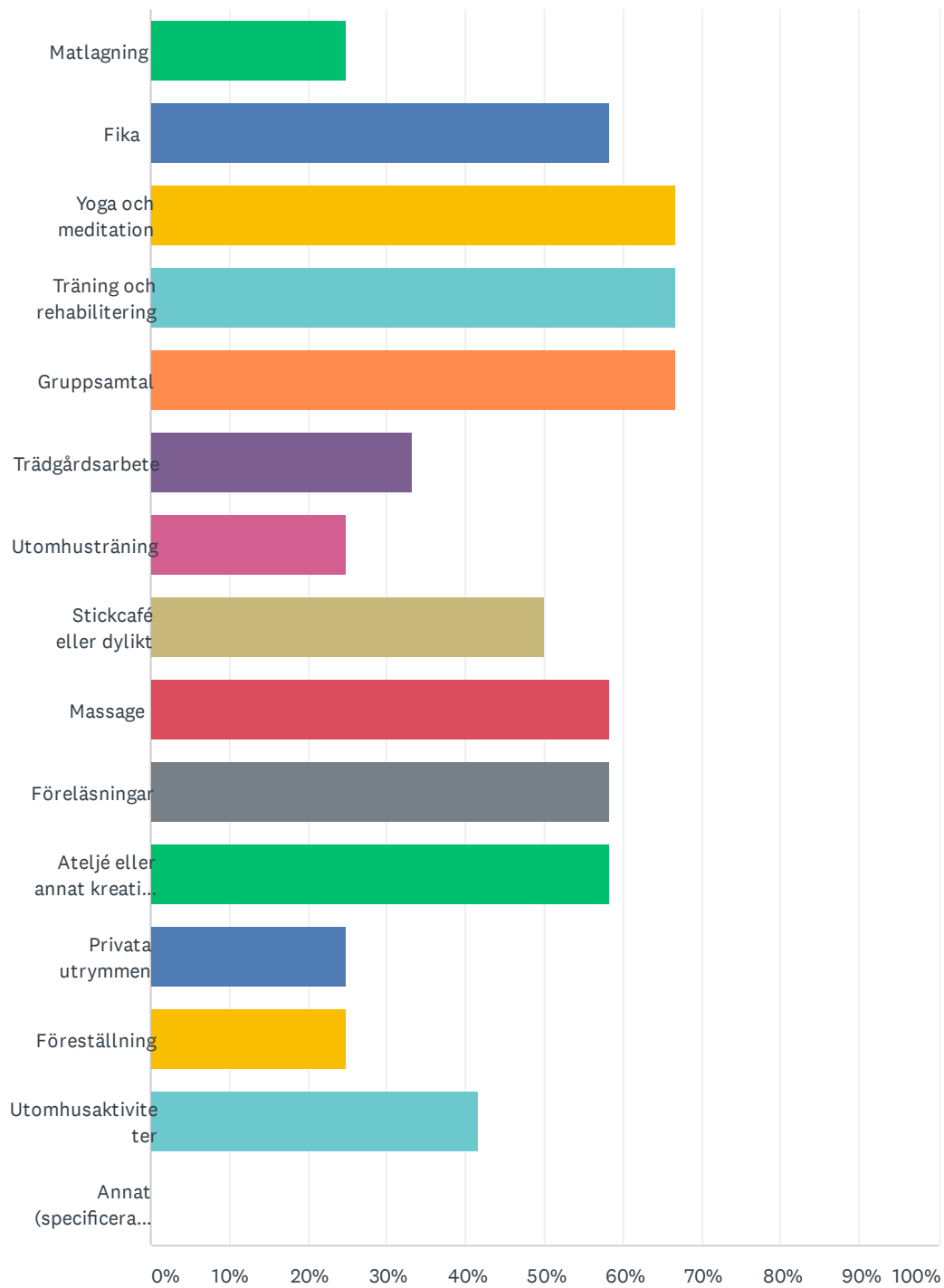


SVARSVAL	SVAR
På morgonen	25.00% 3
På förmiddagen	33.33% 4
Mitt på dagen	33.33% 4
På eftermiddagen	41.67% 5
På kvällen	75.00% 9
Annat (specificera gärna)	25.00% 3
Totalt antal svarade: 12	

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	På helgen. Som närstående så missar man redan så mycket jobb/skola vilket också blir en ytterligare stress.	2/9/2021 12:44 PM
2	Någon gång helg	2/5/2021 8:23 PM
3	på en av mina lediga dagar	2/5/2021 12:18 PM

F10 Vilka funktioner/aktiviteter önskar du skulle finnas?

Svarade: 12 Hoppade över: 5

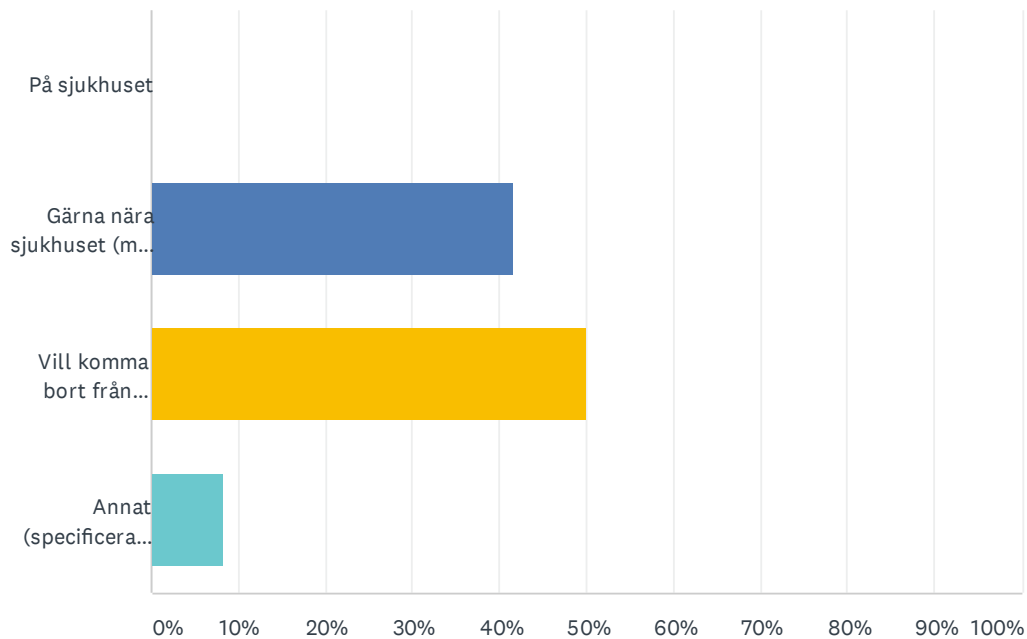


SVARSVAL	SVAR	
Matlagning	25.00%	3
Fika	58.33%	7
Yoga och meditation	66.67%	8
Träning och rehabilitering	66.67%	8
Gruppsamtal	66.67%	8
Trädgårdsarbete	33.33%	4
Utomhusträning	25.00%	3
Stickcafé eller dylikt	50.00%	6
Massage	58.33%	7
Föreläsningar	58.33%	7
Ateljé eller annat kreativt utrymme	58.33%	7
Privata utrymmen	25.00%	3
Föreställning	25.00%	3
Utomhusaktiviteter	41.67%	5
Annat (specificera gärna)	0.00%	0
Totalt antal svarade: 12		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

F11 Placering av centret

Svarade: 12 Hoppade över: 5

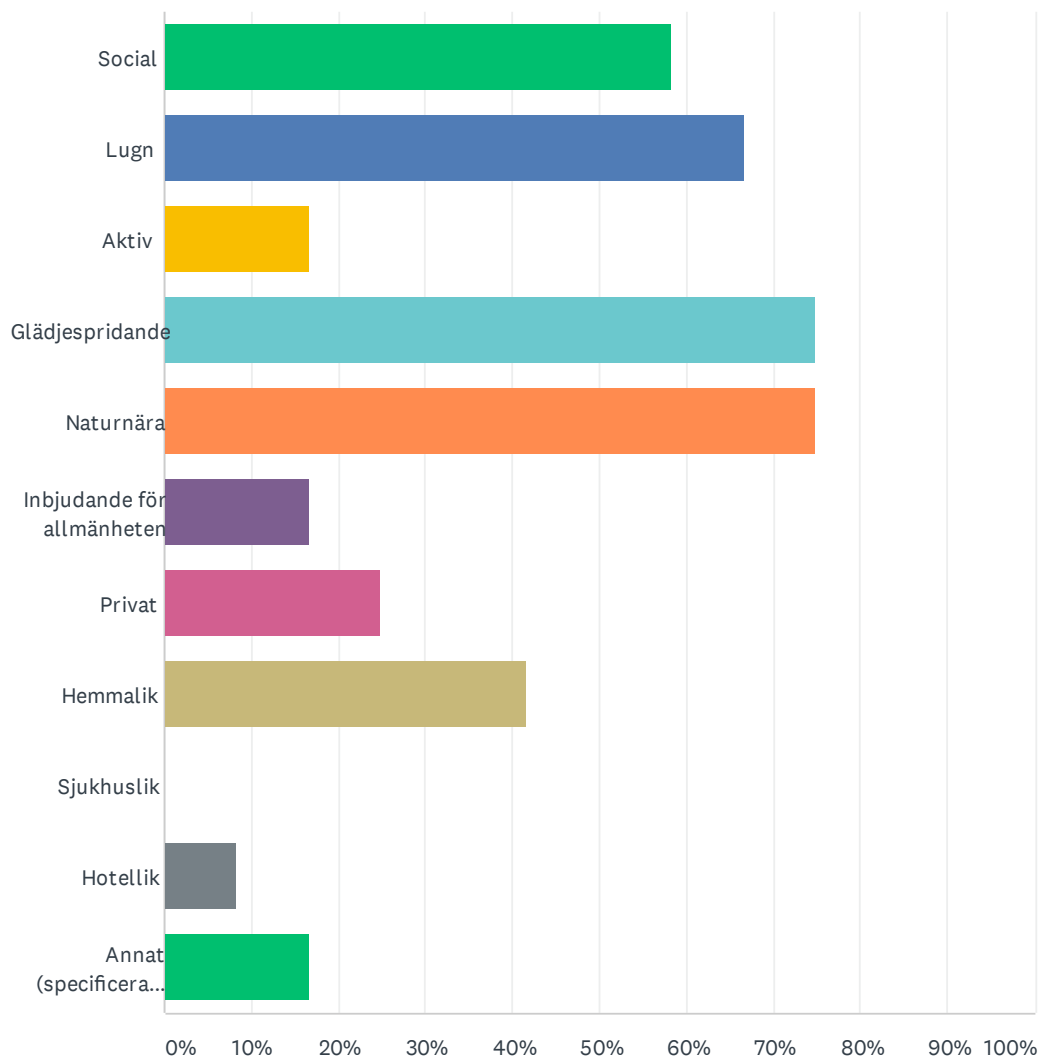


SVARSVAL	SVAR	
På sjukhuset	0.00%	0
Gärna nära sjukhuset (men inte på)	41.67%	5
Vill komma bort från sjukhuset	50.00%	6
Annat (specificera gärna)	8.33%	1
TOTALT		12

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	spelar ingen roll men centralt	2/5/2021 1:40 PM

F12 Jag hade uppskattat om miljön i stödcentret var:

Svarade: 12 Hoppade över: 5



SVARSVAL	SVAR	
Social	58.33%	7
Lugn	66.67%	8
Aktiv	16.67%	2
Glädjespridande	75.00%	9
Naturnära	75.00%	9
Inbjudande för allmänheten	16.67%	2
Privat	25.00%	3
Hemmalik	41.67%	5
Sjukhuslik	0.00%	0
Hotellik	8.33%	1
Annat (specificera gärna)	16.67%	2
Totalt antal svarade: 12		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Det är viktigt att man ska få vara ledsen tillsammans tror jag. Tror att man når det genom samtal. Inte genom att låtsas vara glada och hitta på roliga saker.	2/9/2021 12:47 PM
2	endast till för cancerdrabbade, inte anhöriga eller övriga allmänheten	2/5/2021 12:19 PM

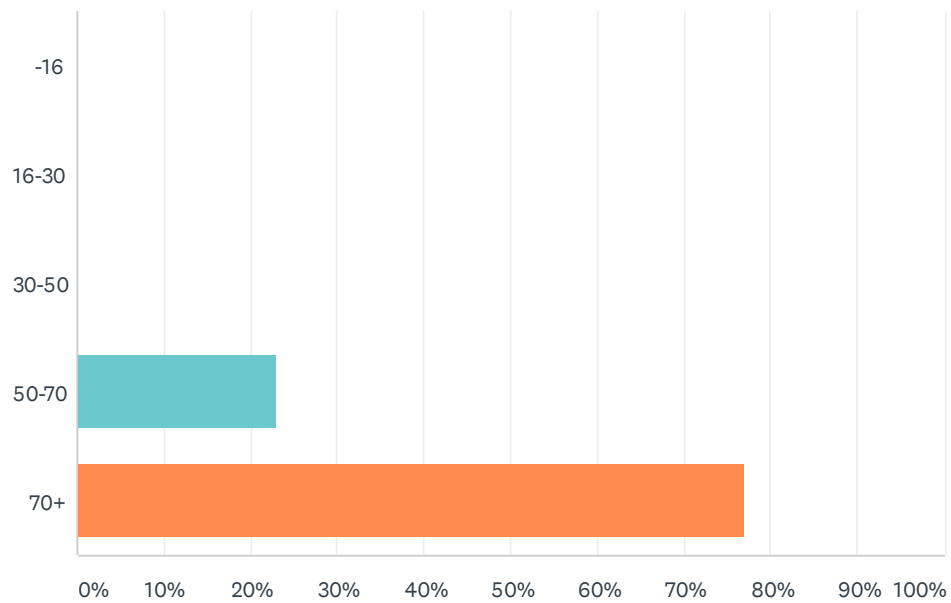
F13 Övriga kommentarer och tankar

Svarade: 3 Hoppade över: 14

#	SVAR	DATE
1	Bra undersökning!	2/9/2021 12:47 PM
2	Hoppas vi kan få ett i Göteborg	2/5/2021 7:08 PM
3	När jag var sjuk tror jag inte det fanns någon liknande verksamhet där jag bodde men det var verkligen något jag hade behövt. Är otroligt glad att ni skriver om detta och att ni vill hjälpa cancerberörda. Fint av er!!	2/5/2021 1:15 PM

F1 Ange din ålder

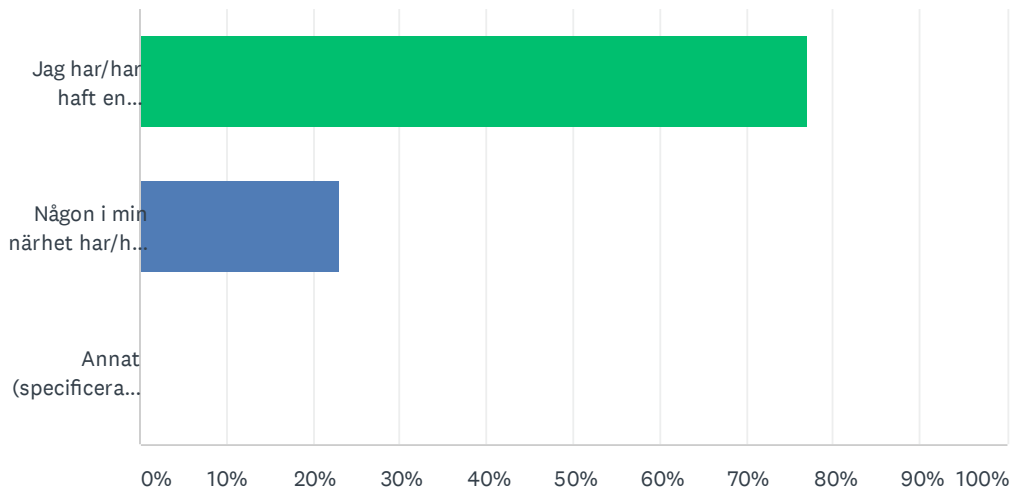
Svarade: 13 Hoppade över: 0



SVARSVAL	SVAR	
-16	0.00%	0
16-30	0.00%	0
30-50	0.00%	0
50-70	23.08%	3
70+	76.92%	10
TOTALT		13

F2 Hur berör cancer dig?

Svarade: 13 Hoppade över: 0



SVARSVAL	SVAR	
Jag har/har haft en cancerdiagnos	76.92%	10
Någon i min närhet har/har haft en cancerdiagnos	23.08%	3
Annat (specificera gärna)	0.00%	0
TOTALT		13

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

F3 Har du fysiska svårigheter som begränsar dig gällande aktiviteter?

Svarade: 13 Hoppade över: 0

#	SVAR	DATE
1	Ja delvis. Talsvårigheter. Och nedsatt lungkapasitet.	1/28/2021 11:08 AM
2	höftproblem	1/28/2021 10:28 AM
3	Jag är opererad 3 ggr för bröstcancer och för drygt ett år sedan för lungcancer, har efter det sämre kondition	1/28/2021 9:39 AM
4	Nej	1/27/2021 9:30 PM
5	nej	1/27/2021 7:39 PM
6	Inte av cancer utan an annan anledning	1/27/2021 5:26 PM
7	Nej inte mer än att en stor muskel skars av då det tog bort ett bröst vilket ger en svaghet i höger arm	1/27/2021 5:21 PM
8	efter 10 år har jag fått tillbaka men ork.	1/27/2021 4:20 PM
9	Ja pga ödem i arm.	1/27/2021 3:12 PM
10	Nej	1/27/2021 3:02 PM
11	Nej	1/27/2021 2:37 PM
12	Något	1/27/2021 2:37 PM
13	Nej	1/25/2021 5:39 PM

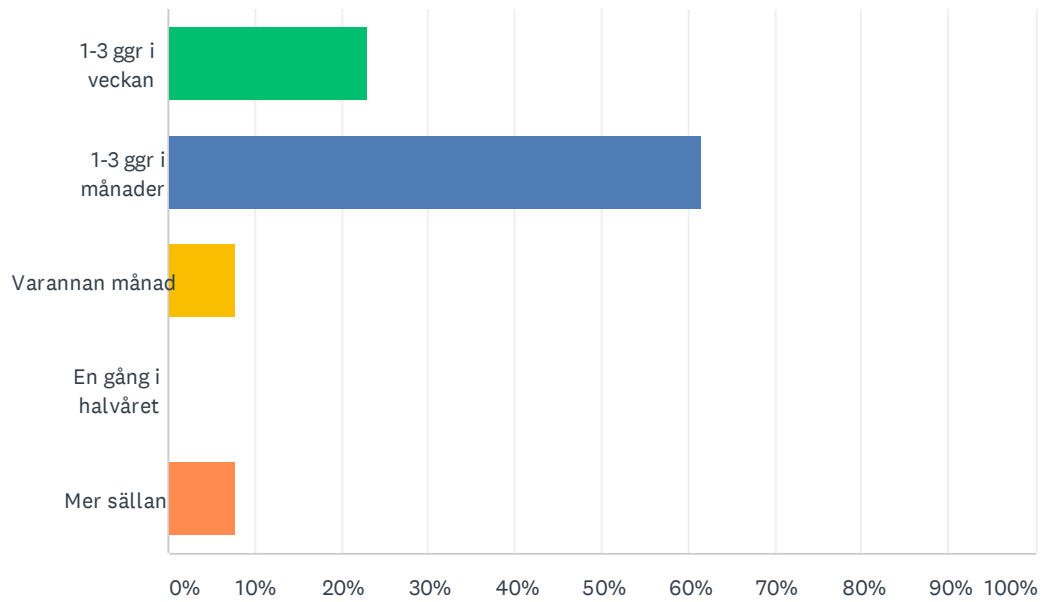
F4 Hur kom du i kontakt med Hjärtats Hus?

Svarade: 12 Hoppade över: 1

#	SVAR	DATE
1	Genom Maggie Målevik hon var och hade en föreläsning på mun och halscancers årsmöte.	1/28/2021 11:15 AM
2	genom mitt arbete i sjukvården	1/28/2021 10:30 AM
3	Genom bröstcancer föreningen i vårt län	1/28/2021 9:59 AM
4	Ombedd att bli volontär p g a tidigare egen cancerbehandling och att jag var med i Levande bibliotek i region Jönköping.	1/27/2021 9:36 PM
5	Hörde på radion att det skulle starta ett Hjärtats Hus alltså reklam	1/27/2021 7:45 PM
6	Som ordf. i en patientförening	1/27/2021 5:32 PM
7	Jag är volontär sedan 2 år och gissar att vi har haft cirka 60-80 besök.	1/27/2021 5:24 PM
8	Genom min förening.	1/27/2021 4:27 PM
9	Via sjukvården	1/27/2021 3:14 PM
10	Genom mitt arbete	1/27/2021 3:05 PM
11	Var med i uppstarten	1/27/2021 2:57 PM
12	Jag startade upp Hjärtats hus	1/25/2021 5:41 PM

F5 Hur ofta besöker du Hjärtats Hus?

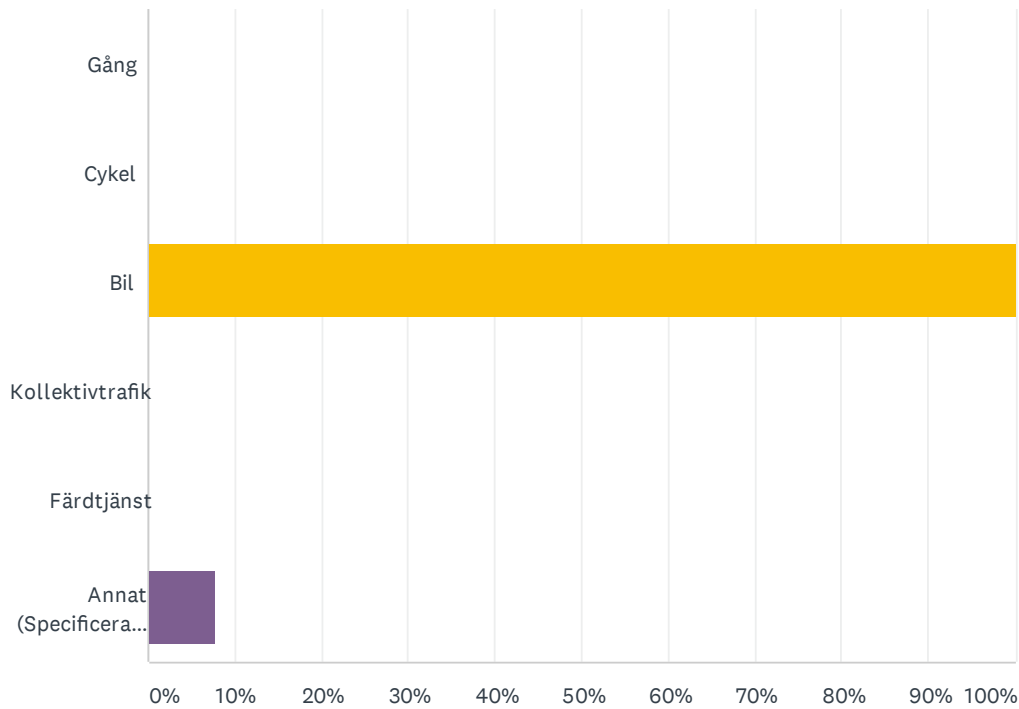
Svarade: 13 Hoppade över: 0



SVARSVAL	SVAR
1-3 ggr i veckan	23.08% 3
1-3 ggr i månader	61.54% 8
Varannan månad	7.69% 1
En gång i halvåret	0.00% 0
Mer sällan	7.69% 1
TOTALT	13

F6 Hur tar du dig till Hjärtats hus?

Svarade: 13 Hoppade över: 0



SVARSVAL	SVAR	
Gång	0.00%	0
Cykel	0.00%	0
Bil	100.00%	13
Kollektivtrafik	0.00%	0
Färdtjänst	0.00%	0
Annat (Specificera gärna)	7.69%	1
Totalt antal svarade: 13		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Nu mycket digitalt	1/25/2021 5:41 PM

F7 Vilka aktiviteter eller sammanhang deltar du i på Hjärtats Hus?

Svarade: 13 Hoppade över: 0

#	SVAR	DATE
1	Det beror ju på vad som vi går den dagen, promenad, pärlar armband, pussel eller bara prata och lyssna.	1/28/2021 11:15 AM
2	samtals grupp om existentiell hälsa	1/28/2021 10:30 AM
3	Jag är volontär. Hälsa besökare välkomna .Fixar fika. Deltager i "gympa" och promenader. Lyssnar och pratar om mig själv med liten" mun".	1/28/2021 9:59 AM
4	Onlineöppet varje måndagkväll under pandemin.	1/27/2021 9:36 PM
5	Jag är volontär	1/27/2021 7:45 PM
6	Föreläsningar och andra möten	1/27/2021 5:32 PM
7	Föreläsningar, pyssel och framförallt samtal och promenader	1/27/2021 5:24 PM
8	Jag brukar hålla i promenader och lite fika.	1/27/2021 4:27 PM
9	Promenader, fika, föreläsningar Är också volontär	1/27/2021 3:14 PM
10	Jag är volontär och ordnar aktiviteter, föreläsningar mm samt samtals stöd vid behov.	1/27/2021 3:05 PM
11	Jag är volontär. Jag är även sekreterare i prostatacancerföreningen ProLiv i Jönköping. Vi anordnar snack-kafe' i Värnamo, Eksjö Tranås och Jönköping . Det blir 2-4 ggr/år på vardera orten. Våra medlemmar hittar då till Hjärtats Hus. De sprider på så sätt kunskap om verksamheten	1/27/2021 2:57 PM
12	Inte så mycket Umgås mest med andra	1/27/2021 2:39 PM
13	Är projektledare i våra Hjärtats hus, deltar i olika aktiviteter men vill framförallt få med fler att vilja engagera sig och delta på våra träffar.	1/25/2021 5:41 PM

F8 Vad känner du att Hjärtats Hus bidrar med i ditt liv?

Svarade: 13 Hoppade över: 0

#	SVAR	DATE
1	Framför allt vännen som är i samma sits.	1/28/2021 11:15 AM
2	meningsfull uppgift och att få dela erfarenheter. Vara stöd för andra	1/28/2021 10:30 AM
3	Otroligt mycket, lärt känna massor av nya människor tagit del av deras "resa" och stöttat	1/28/2021 9:59 AM
4	Gemenskap. Nya vänner i med-och motgång.	1/27/2021 9:36 PM
5	Det är alltid skönt att träffa andra människor som är i samma situation. Jag som anhörig eller om man är sjuk själv	1/27/2021 7:45 PM
6	Samhörighet	1/27/2021 5:32 PM
7	En viktig del i min fritid med gemenskapen med människor som är i samma situation	1/27/2021 5:24 PM
8	Träffa personer med liknande sjukdoms bild.	1/27/2021 4:27 PM
9	Trygghet att det finns någon som förstår	1/27/2021 3:14 PM
10	Gemenskap	1/27/2021 3:05 PM
11	Som volontär betyder mötet med andra mycket.	1/27/2021 2:57 PM
12	Avkoppling och givande samtal	1/27/2021 2:39 PM
13	En stark samhörighet med våra besökare. Att få stärka de närståendes situation då de mister en anhörig känns väldigt bra och viktigt. En mötesplats med mycket hjärta	1/25/2021 5:41 PM

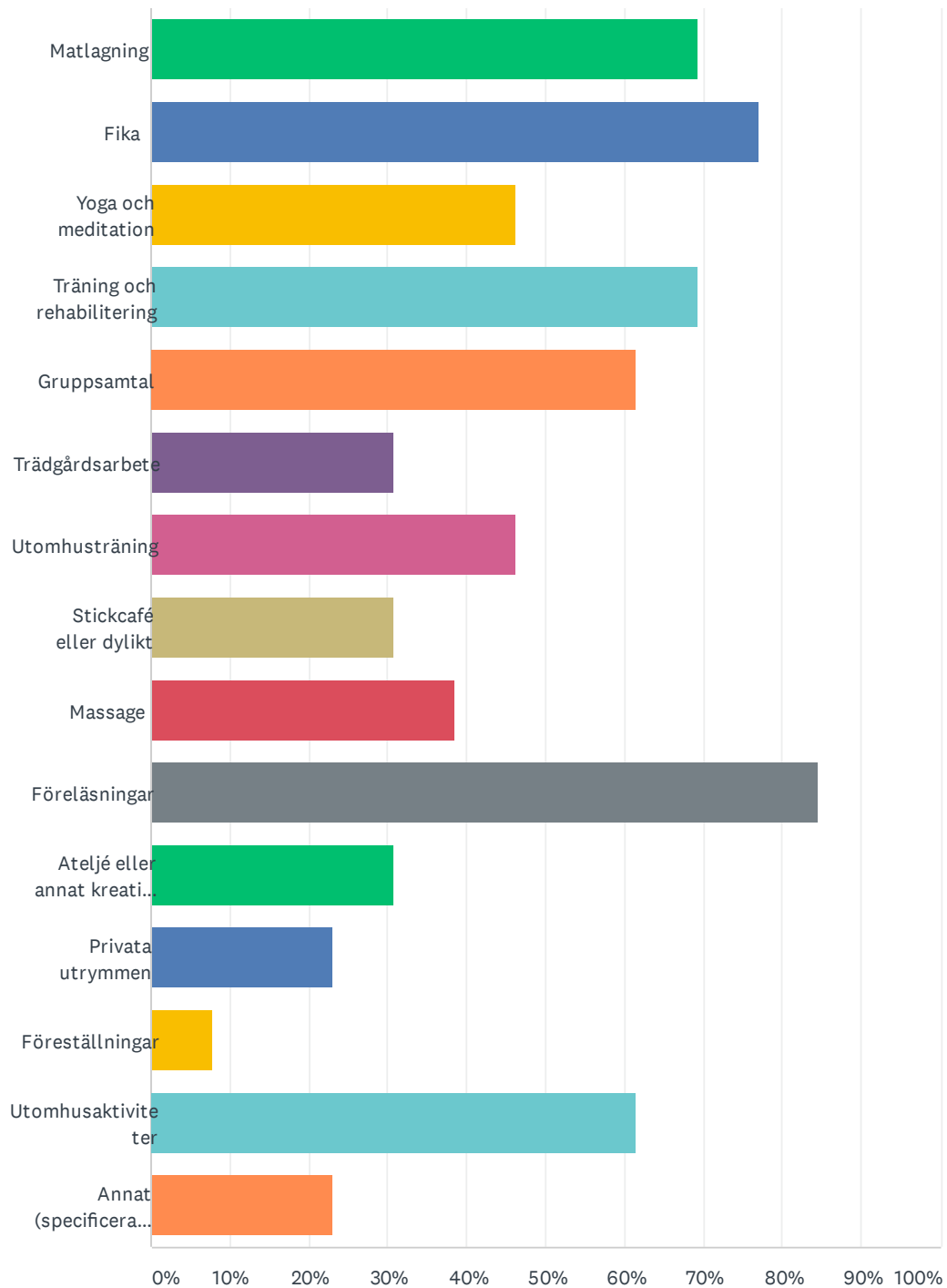
F9 I vilken del av Hjärtats Hus lokaler trivs du som bäst? Är det några utrymmen du inte använder dig av?

Svarade: 12 Hoppade över: 1

#	SVAR	DATE
1	Trivs över allt.	1/28/2021 11:15 AM
2	vi trivs i hela lokalen	1/28/2021 10:30 AM
3	Trivs jätte bra när vi är många tillsammans.Men naturligtvis även med några få beroende på läge.	1/28/2021 9:59 AM
4	Alla	1/27/2021 9:36 PM
5	I det stora rummet där alla sitter och prata och där vi också fikar. Vi är i alla rum med olika aktiviteter och samtalsrum, kök där vi fixa kaffe. Det är trivsamt i hela lokalen	1/27/2021 7:45 PM
6	Allmänna utrymmen	1/27/2021 5:32 PM
7	Vi har 2 rum men umgås i ett det andra är till för enskilda samtal för den som önskar det	1/27/2021 5:24 PM
8	Jag trivs i alla utrymme.	1/27/2021 4:27 PM
9	Alla	1/27/2021 3:14 PM
10	Har tillgång till två salar samt kök använder samtliga utrymmen	1/27/2021 3:05 PM
11	Surret i samlingsalen och den härliga stämningen. Rummen för enskilda samtal ger mycket också. Köket och fikan betyder kanske mest. Kaffet bidrar till god stämning. Promenadslingan inte att föglömma	1/27/2021 2:57 PM
12	Trivs överallt	1/27/2021 2:39 PM

F10 Vilka funktioner/aktiviteter önskar du skulle finnas?

Svarade: 13 Hoppade över: 0

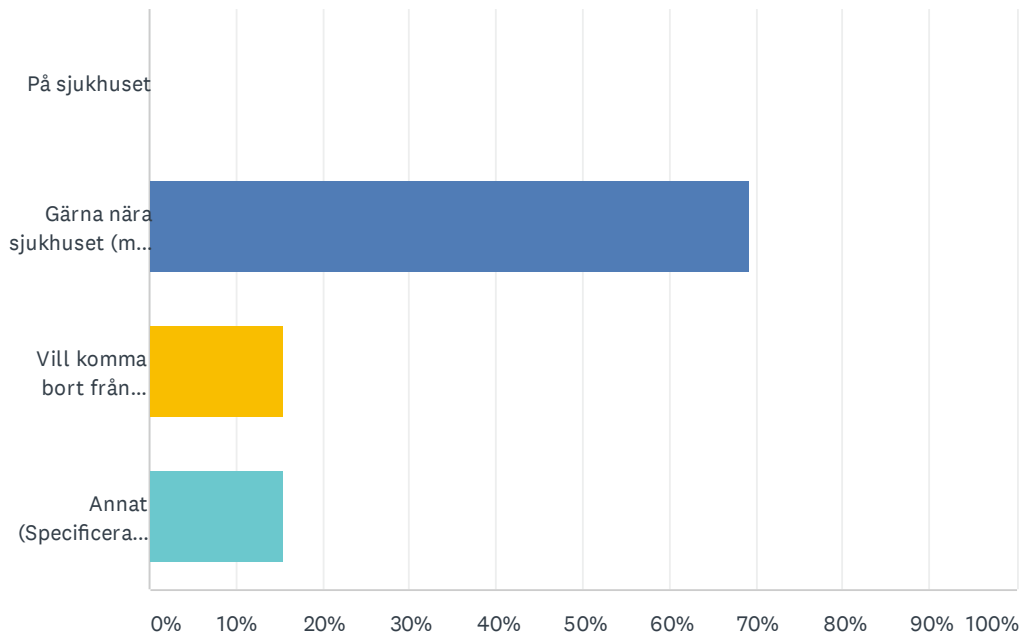


SVARSVAL	SVAR	
Matlagning	69.23%	9
Fika	76.92%	10
Yoga och meditation	46.15%	6
Träning och rehabilitering	69.23%	9
Gruppsamtal	61.54%	8
Trädgårdsarbete	30.77%	4
Utomhusträning	46.15%	6
Stickcafé eller dylikt	30.77%	4
Massage	38.46%	5
Föreläsningar	84.62%	11
Ateljé eller annat kreativt utrymme	30.77%	4
Privata utrymmen	23.08%	3
Föreläsningar	7.69%	1
Utomhusaktiviteter	61.54%	8
Annat (specificera gärna)	23.08%	3
Totalt antal svarade: 13		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Önskan om att allt detta kunde finnas så alla kan välja	1/27/2021 7:47 PM
2	Möjlighet för patientföreningar att ha träffar med sina medlemmar.	1/27/2021 2:59 PM
3	Allt, utifrån vad våra besökare är i behov av	1/25/2021 5:44 PM

F11 Placering av centret

Svarade: 13 Hoppade över: 0

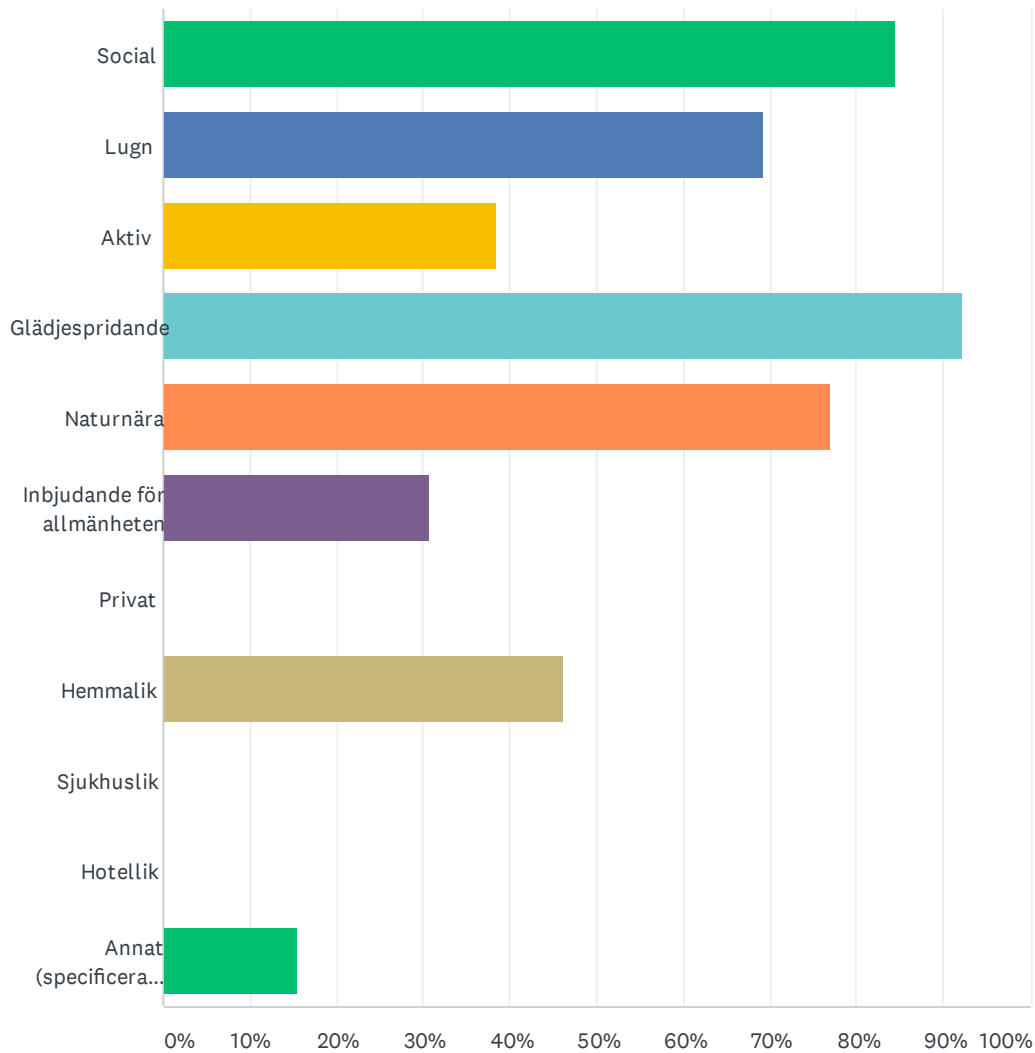


SVARSVAL	SVAR	
På sjukhuset	0.00%	0
Gärna nära sjukhuset (men inte på)	69.23%	9
Vill komma bort från sjukhuset	15.38%	2
Annat (Specificera gärna)	15.38%	2
TOTALT		13

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Centralt dvs enkelt att med allmänna kommunikationer komma dit	1/27/2021 5:26 PM
2	En trevlig lokal utanför sjukhusets väggar	1/25/2021 5:44 PM

F12 Jag hade uppskattat om miljön i Hjärtats Hus var

Svarade: 13 Hoppade över: 0



SVARSVAL	SVAR	
Social	84.62%	11
Lugn	69.23%	9
Aktiv	38.46%	5
Glädjespridande	92.31%	12
Naturnära	76.92%	10
Inbjudande för allmänheten	30.77%	4
Privat	0.00%	0
Hemmalik	46.15%	6
Sjukhuslik	0.00%	0
Hotellik	0.00%	0
Annat (specificera gärna)	15.38%	2
Totalt antal svarade: 13		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Som i Jönköping fast fler och större rum.	1/27/2021 9:40 PM
2	Privat i bemärkelsen öppen för enskilda samtal	1/27/2021 2:59 PM

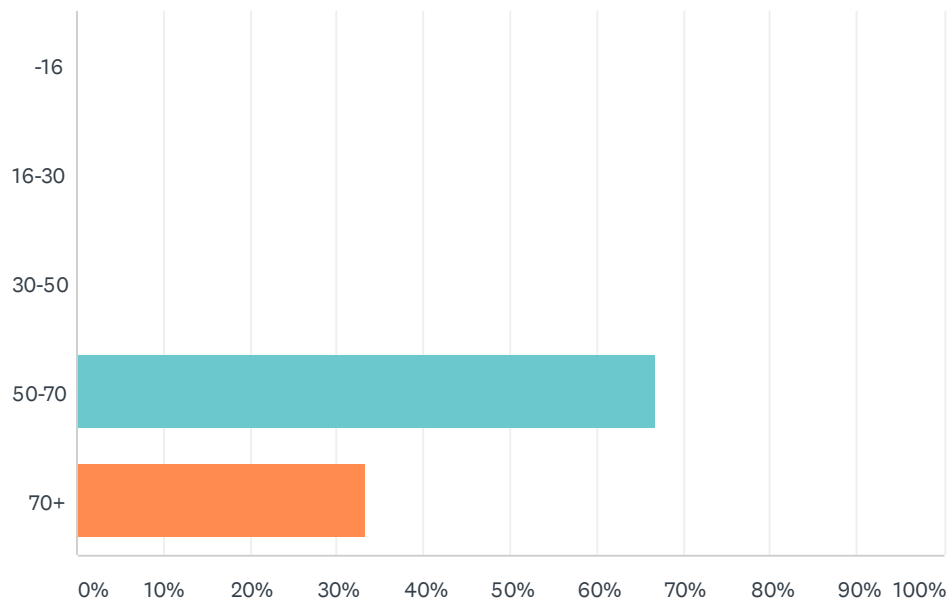
F13 Övriga kommentarer och tankar

Svarade: 9 Hoppade över: 4

#	SVAR	DATE
1	Samtal om livsfrågor är viktiga. Det är bra att gå igenom existentiella frågor innan man uppskattar andra aktiviteter. Döden är livsviktig.	1/28/2021 10:37 AM
2	Jag trivs jätte bra på Hjärtats Hus. Vi Är som en stor familj som träffas en ggr i veckan.	1/28/2021 10:04 AM
3	Gärna ett vilorum med liggmöjlighet, om någon behöver det.	1/27/2021 9:41 PM
4	Hjärtats Hus för cancerdrabbade är mycket bra. Det behövs ett avskilt rum så de som går på behandling kan titta in utan att vara rädda för smitta då de är infektiösa. När min man blev transplanterad fick vi bo och vara på Ronald Mc Donalds det var otroligt värdefullt för oss alla med samma sjukdom.	1/27/2021 7:51 PM
5	Lycka till med planeringen det behövs det har vi fått bevis för. En mötesplats där jag kan vara både glad och ledsen .Men även att kunna prata med vänner som förstår oron som vi alltid har för återfall.	1/27/2021 5:27 PM
6	Lycka till med ert arbete.	1/27/2021 4:32 PM
7	Det viktiga med hjärtats hus är att man känner att hit kan man komma hur man än mår, är man ledsen förstår alla	1/27/2021 3:08 PM
8	Det är viktigt att det finns många rum för olika aktiviteter. Hemtrevlig möblering. Kök som ger möjlighet att servera mat Catherine. PARKERING!	1/27/2021 3:04 PM
9	Jag heter Maggie och jag ville testa frågorna innan jag sänder dem ut till våra volontärer som finns med oss. Lycka till i ert viktiga arbete	1/25/2021 5:45 PM

F1 Ange din ålder

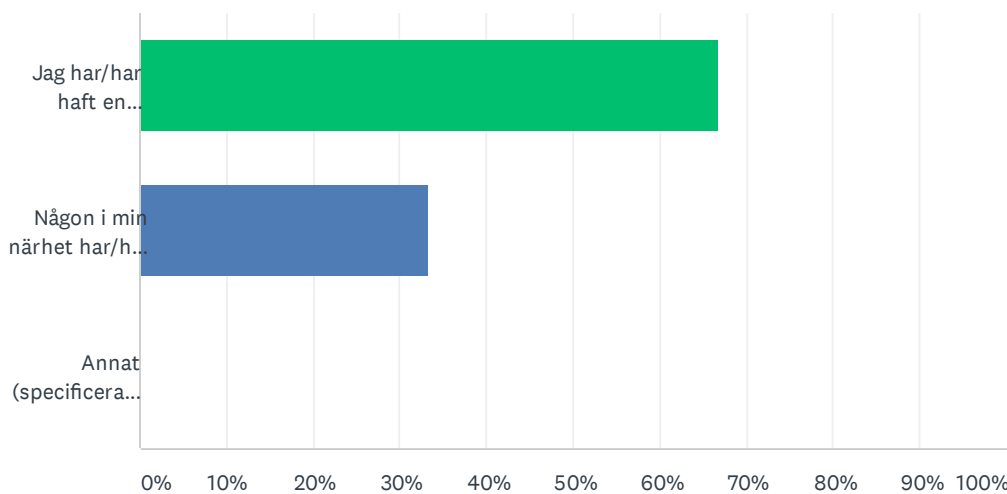
Svarade: 3 Hoppade över: 0



SVARSVAL	SVAR	
-16	0.00%	0
16-30	0.00%	0
30-50	0.00%	0
50-70	66.67%	2
70+	33.33%	1
TOTALT		3

F2 Hur berör cancer dig?

Svarade: 3 Hoppade över: 0



SVARSVAL	SVAR	
Jag har/har haft en cancerdiagnos	66.67%	2
Någon i min närhet har/har haft en cancerdiagnos	33.33%	1
Annat (specificera gärna)	0.00%	0
TOTALT		3

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

F3 Har du fysiska svårigheter som begränsar dig gällande aktiviteter?

Svarade: 2 Hoppade över: 1

#	SVAR	DATE
1	Nej	1/28/2021 10:09 AM
2	Fotskador pga av cellgifter	1/28/2021 9:43 AM

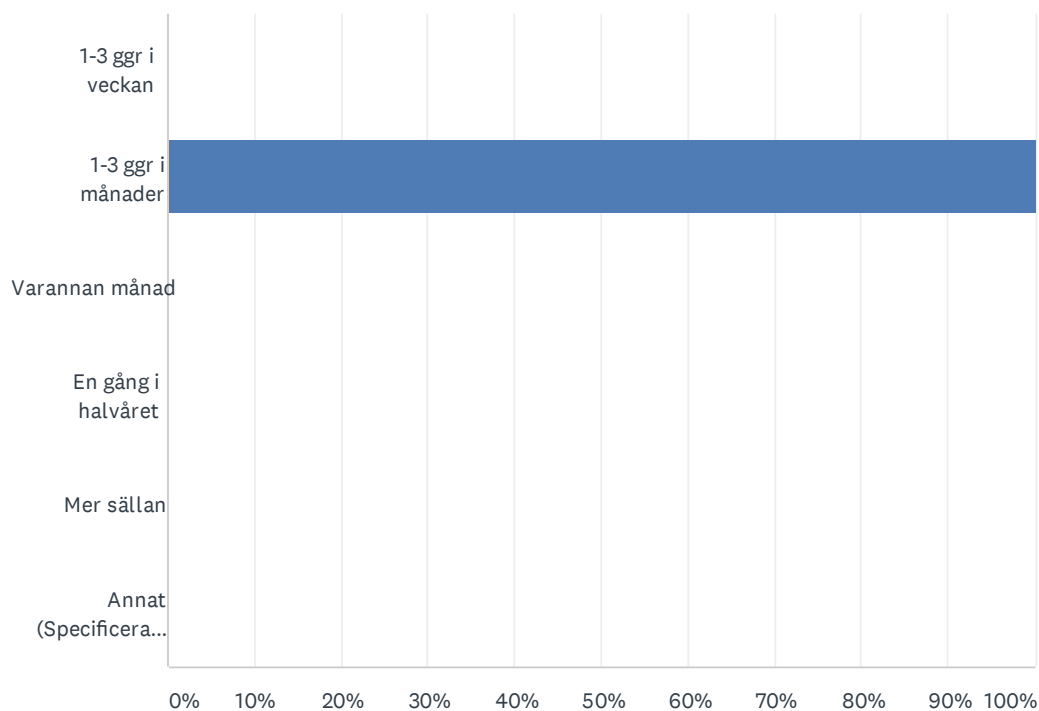
F4 Hur kom du i kontakt med Livsgnistan?

Svarade: 1 Hoppade över: 2

#	SVAR	DATE
1	Arbetade inom cancervården	1/28/2021 10:11 AM

F5 Hur ofta besöker du Livsgnistan?

Svarade: 1 Hoppade över: 2

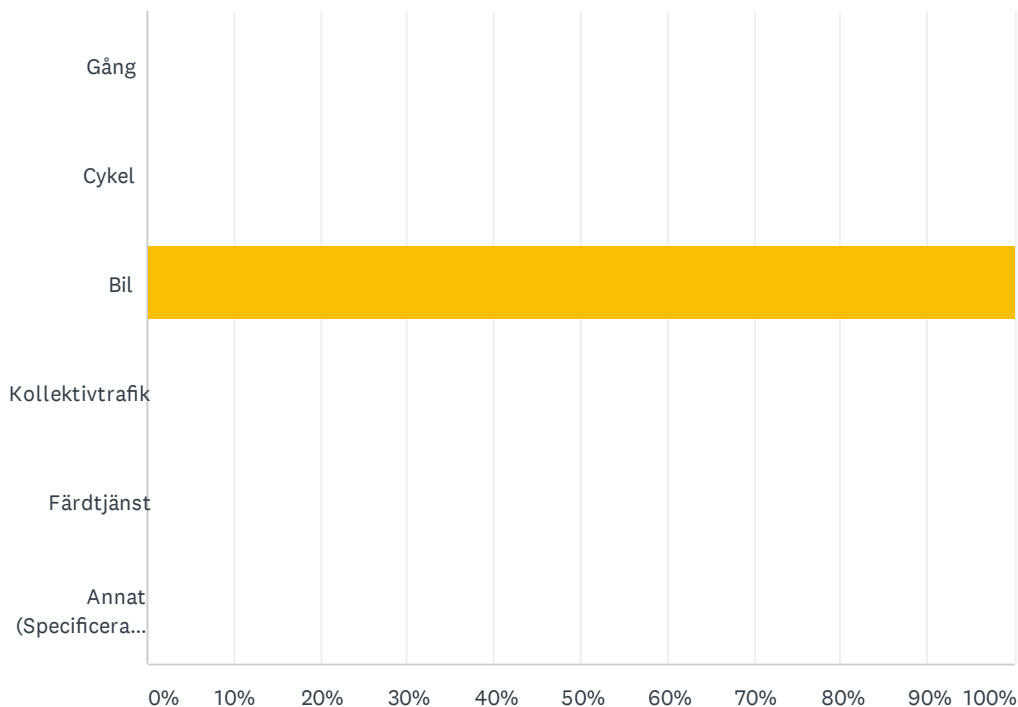


SVARSVAL	SVAR	
1-3 ggr i veckan	0.00%	0
1-3 ggr i månader	100.00%	1
Varannan månad	0.00%	0
En gång i halvåret	0.00%	0
Mer sällan	0.00%	0
Annat (Specificera gärna)	0.00%	0
TOTALT		1

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

F6 Hur tar du dig till Livsgnistan?

Svarade: 1 Hoppade över: 2



SVARSVAL	SVAR	
Gång	0.00%	0
Cykel	0.00%	0
Bil	100.00%	1
Kollektivtrafik	0.00%	0
Färdtjänst	0.00%	0
Annat (Specificera gärna)	0.00%	0
Totalt antal svarade: 1		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

F7 Vilka aktiviteter eller sammanhang deltar du i på Livsgnistan?

Svarade: 1 Hoppade över: 2

#	SVAR	DATE
1	Styrelsemedlem, promenader, det mesta.	1/28/2021 10:11 AM

F8 Vad känner du att Livsgnistan bidrar med i ditt liv?

Svarade: 1 Hoppade över: 2

#	SVAR	DATE
1	Samvaro, ge stöd.	1/28/2021 10:11 AM

F9 I vilken del av Livsgnistans lokaler trivs du som bäst? Är det några utrymmen du inte använder dig av?

Svarade: 1 Hoppade över: 2

#	SVAR	DATE
1	Utomhus är det bästa	1/28/2021 10:11 AM

F10 Vilka funktioner/aktiviteter önskar du skulle finnas?

Svarade: 1 Hoppade över: 2

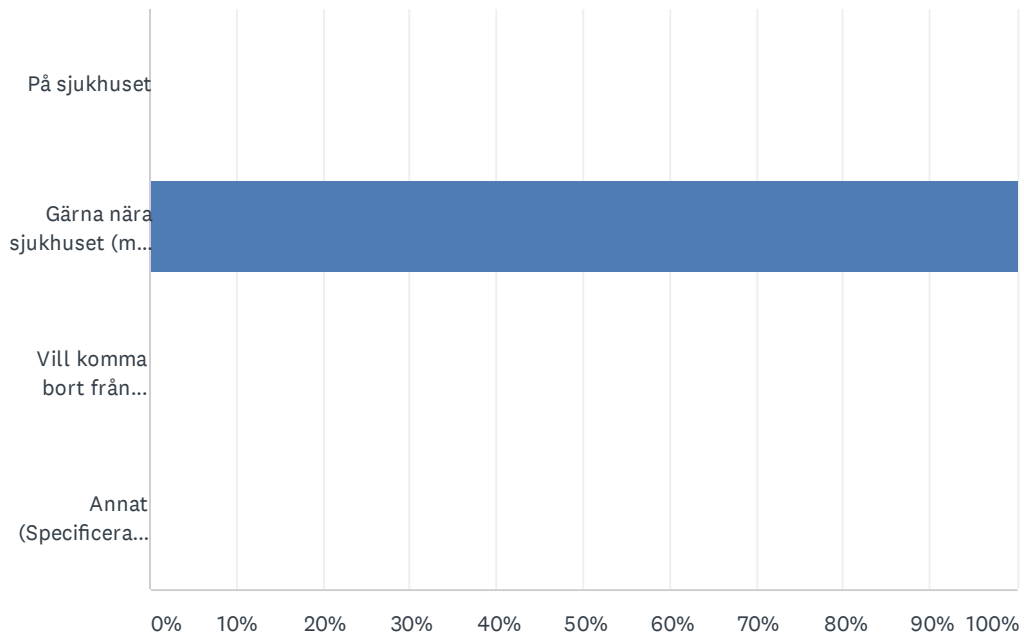


SVARSVAL	SVAR	
Matlagning	0.00%	0
Fika	100.00%	1
Yoga och meditation	100.00%	1
Träning och rehabilitering	100.00%	1
Gruppsamtal	100.00%	1
Trädgårdsarbete	0.00%	0
Utomhusträning	100.00%	1
Stickcafé eller dylikt	0.00%	0
Massage	100.00%	1
Föreläsningar	100.00%	1
Ateljé eller annat kreativt utrymme	100.00%	1
Privata utrymmen	100.00%	1
Föreställningar	100.00%	1
Utomhusaktiviteter	100.00%	1
Annat (specificera gärna)	0.00%	0
Totalt antal svarade: 1		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

F11 Placering av centret

Svarade: 1 Hoppade över: 2

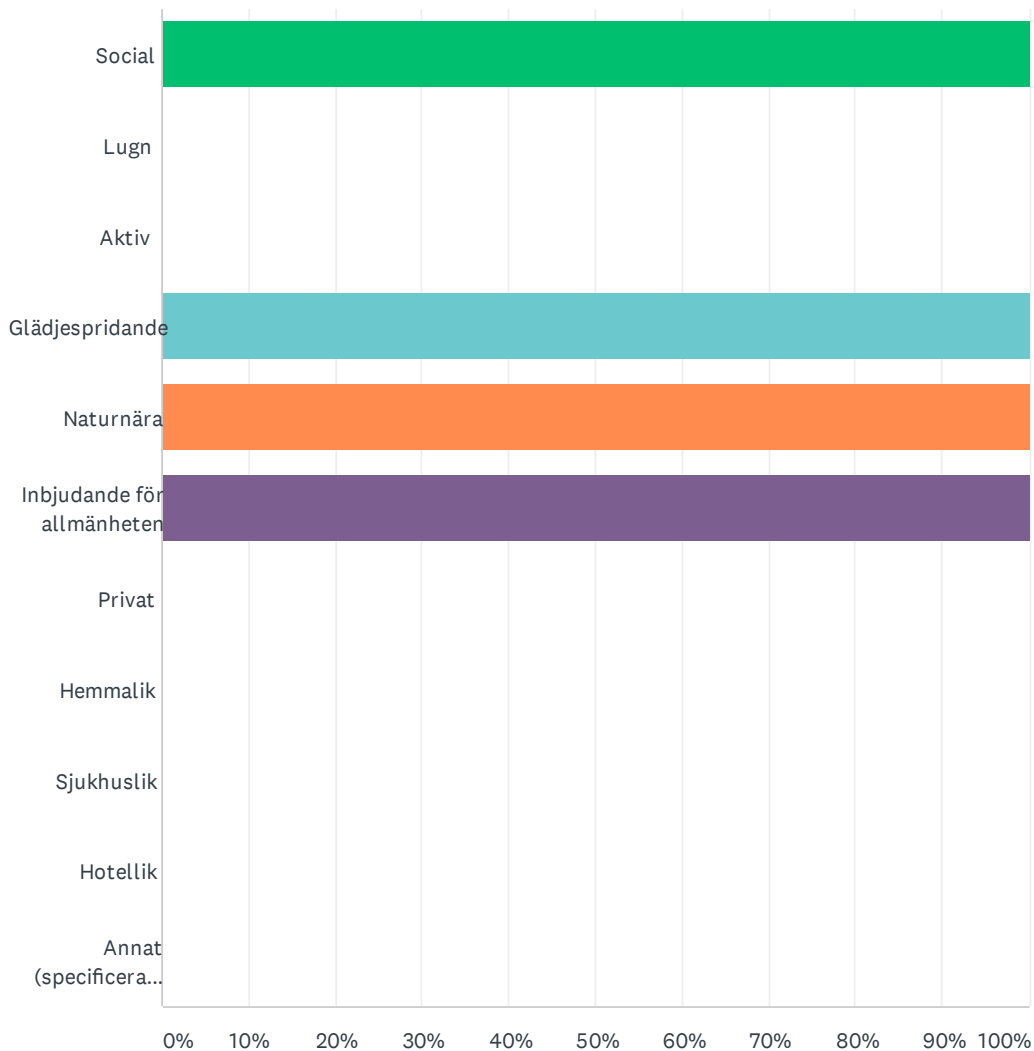


SVARSVAL	SVAR	
På sjukhuset	0.00%	0
Gärna nära sjukhuset (men inte på)	100.00%	1
Vill komma bort från sjukhuset	0.00%	0
Annat (Specificera gärna)	0.00%	0
TOTALT		1

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

F12 Jag hade uppskattat om miljön i Livsgnistan var

Svarade: 1 Hoppade över: 2



SVARSVAL	SVAR	
Social	100.00%	1
Lugn	0.00%	0
Aktiv	0.00%	0
Glädjespridande	100.00%	1
Naturnära	100.00%	1
Inbjudande för allmänheten	100.00%	1
Privat	0.00%	0
Hemmalik	0.00%	0
Sjukhuslik	0.00%	0
Hotellik	0.00%	0
Annat (specificera gärna)	0.00%	0
Totalt antal svarade: 1		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

F13 Övriga kommentarer och tankar

Svarade: 1 Hoppade över: 2

#	SVAR	DATE
1	Många uppskattar naturen lika mycket som jag, bra med utomhusaktiviteter	1/28/2021 10:13 AM