

Give this form to someone you know who is living with cancer. Thank you



For more information or to submit this form on line go to www.humantouchinitiative.org

Human Touch INITIATIVE

Cancer therapies for body, mind and spirit.

Human Touch Initiative Application for Massage Therapy

Please write your answers clearly and completely. Missing information may delay review of your application. This information will not be shared and will be kept confidential. **Return the completed application to: Human Touch Initiative, 86 Seminole Way, Rochester, NY 14618**

Name: _____ Today's date: _____

Street: _____ Birthdate: _____

City: _____ State: _____ ZIP: _____

County: _____ Phone: (_____) _____

Email: _____

To help us better help those facing cancer in our community please tell us how you heard of our services:

Check (✓) here to receive email updates about HTI and its activities.

Date of initial cancer diagnosis—
(If you have had a recurrence give the date of that diagnosis) mm/yy) _____

Type of cancer diagnosed: _____

Medical facility where you are being treated: _____

Doctor presiding over your cancer treatment plan: _____

Is this your first application to HTI? Yes / No

Please check (✓) here if you are able to afford a small fee of \$15 per massage (to be paid to the massage therapist at the time of service). Contributing in this way is NOT required to receive services, but if your financial situation allows it, we would appreciate your help in making our resources go further.

I understand and acknowledge that Human Touch Initiative, Inc. makes no representation or warranty with respect to any of the services I receive from its participating providers, and I agree to look solely to the individual provider in the event that I am dissatisfied in any way with the services I receive.

I certify that the information that I have provided to Human Touch Initiative is accurate and truthful to the best of my knowledge.

Print your name _____ Signature _____ Date _____

Oncology Massage Services FAQ

What is Human Touch Initiative? We are a 501(c)3 not for profit organization whose mission is to provide those living with cancer low-cost or free access to integrative therapies.

Who is eligible? Any Monroe County or bordering county residents with a current diagnosis of cancer.

Must applicants prove financial distress?

No, our services are for anyone with a current cancer diagnosis. However, on the application there is an opportunity to volunteer to pay a small part of the massage therapist's fee (\$15), and help HTI's funds stretch farther. Those who indicate they are *not* in the position to do this will receive massage at no charge.

How does the Oncology Massage Program work?

We use a voucher system. The vouchers are used much like a gift certificate. Once an application for service is submitted and approved the client will receive three massage vouchers and a list of participating oncology-massage trained therapists who accept them.

Do we need to be an HTI client to patronize the therapists on your provider list?

No, they have private practices and take clients by appointment. In fact, we hope those who do not feel the need to go through HTI or who are not eligible to receive our services will opt to directly work with these wonderful therapists.

Where do clients go to receive a massage?:

Clients can choose a therapist who is located most conveniently to them from our participating provider list. Participating therapists have met HTI's criteria for special oncology massage training, have a current NYS license and have a private massage practice in our community.

Are your providers donating their services?:

No. We respect the level of training and investment our providers have made to operate their businesses and to provide a nurturing and safe service for our clients. Therefore we have negotiated discounted fees with them creating a relationship beneficial to all; the client, the practitioner and HTI.

Is massage ever *not* safe for someone with cancer?

No. The oncology massage trained therapists will always be able to adjust their massage technique to be able to work with those who have cancer safely. They have been trained to do a thorough review of your health status with each appointment allowing them to make mindful adjustments in their technique for your session. Research is emerging to support massage as

valuable in relieving symptoms of anxiety, depression, sleeplessness and pain. There is a small number of clients who would require a healing touch technique where rubbing the skin would be avoided.

Do I need my Doctors permission? It is always a good idea to let your physician know if you are pursuing a new therapy while in their care. Your massage therapist wants to be part of your wellness team. If your doctor has any questions or concerns they can get answers from the therapists or HTI.

What to expect? Once you receive your vouchers and our list of participating providers in the mail you can make your appointment with any provider you choose.

The massage therapist will take a thorough health history. They may send you a questionnaire to fill out ahead of time or they may have you fill one out once you have come to their office. Your personal information, as any conversation you have with your therapist, is always kept confidential.

The massage itself will outwardly be comparable to any massage you have had in the past. One difference you will be able to find comfort in is, due to their specialized training in oncology massage, the massage therapist will be making well-informed, mindful decisions about you and your current state of health during your session with them. If you have never had a massage before then rest assured the massage therapist will take time to explain what they are going to be doing. You will be modestly draped under linens at all times. You may choose to undress to your level of comfort. Some clients prefer no clothes, some prefer to keep on their underwear. Always feel free to ask questions or to ask the practitioner to make a change in their technique if you are uncomfortable in any way. Remember, this is your time to find some calm in the chaos. Your massage therapist is there for you.

What services are you going to add in the future?:

We plan to build a network of movement and guided meditation practitioners who will offer classes for HTI's clients at discount or no-charge.

How may I support HTI?: You may donate on line at www.humantouchinitiative.org or by calling 585-755-6622. If you have a service to donate please call us.

Can I get involved in fund-raising?: Absolutely! We have many opportunities and are looking for more ideas. Your participation will help us spread the word and grow.