

## What Should I Ask My Healthcare Provider?

Below is a list of questions that may be helpful when you are meeting with your healthcare provider. It could also be helpful to bring a family member or close friend to your first appointment to help you ask the right questions.

### Questions for the Patient to ask:

- What type of cancer do I have?
- What are my treatment options?
- Where will I go for my treatment?
- What are my next steps in my cancer journey?
- Will I have side effects from the cancer treatment?  
How can I control them?
- How will my alternative medicine choices be considered?
- Are other members of my family at risk for this type of cancer?

### Questions for the Caregiver to ask:

- What can I do to support them?
- Where can I find more information or resources?
- What support services are available (for them, me and our family)?
- Who will be part of the cancer care team and what does each member do?
- Who should I call with questions or concerns during business and non-business hours?

## Additional Resources

Aboriginal Health Access Centres  
<http://aohc.org/aboriginal-health-access-centres>

Advance Care Planning  
[www.advancecareplanning.ca](http://www.advancecareplanning.ca)

Canadian Cancer Society  
[www.cancer.ca](http://www.cancer.ca)

Canadian Hospice Palliative Care Association  
<http://www.chpca.net/>

Canadian Virtual Hospice  
[www.virtualhospice.ca](http://www.virtualhospice.ca)

Caregiver-Connect.ca  
<http://www.von.ca/en/caregiver-connect/home/>

Community Care Access Centre  
[www.healthathome.ca](http://www.healthathome.ca)

National Caregivers Library  
[www.caregiverslibrary.org](http://www.caregiverslibrary.org)

Saint Elizabeth  
<http://saintelizabeth.com/>



## Who to Talk to for Support



# Supportive Cancer Care Programs

## Contact information for Regional Cancer Care Programs and Aboriginal Navigators

The Cancer Centres throughout Ontario have a Supportive Care Program (sometimes called Psychosocial Oncology Program) that helps individuals and their families who are going through the cancer journey, from prevention to bereavement. The Supportive Care Programs can help with the psychological, emotional, social, spiritual and physical concerns caused by cancer.

The programs offer a variety of resources (although may vary by region) including:

- physiotherapists
- occupational therapists
- social workers
- psychologists
- nutritionists
- pediatric nurses
- patient and family library
- speech language pathologists
- support groups/ education sessions

### Aboriginal Navigators

The Aboriginal Navigator provides support and advocacy for First Nation, Inuit, and Métis cancer patients and their families. The Navigator can:

- coordinate cancer services
- provide support before, during or after clinical appointment
- arrange translation services
- assist with transportation and accommodation forms
- advocate for benefit coverage
- arrange tele-visitation services with remote family members
- connect patients to an Elder or Traditional Healer
- connect patients to traditional health programs and services (where available)
- assist with discharge planning

If there is an Aboriginal Navigator in your area and you or a family member are going through the cancer journey and would like support, contact the Supportive Care Program or Cancer Centre for more information.

Regional Cancer Program	Contact Information	Aboriginal Navigator
<b>Erie St. Clair Regional Cancer Program</b> The Cancer Centre, Windsor, ON	(519) 254-5577 ext. 58000 – Supportive Care 519) 253-5253 – Cancer Centre	<b>Audrey Logan</b>
<b>South West Regional Cancer Program</b> London Regional Cancer Program, London, ON	(519) 685-8622 – Supportive Care (519) 685-8600 – Cancer Centre	<b>Chantel Antone</b>
<b>Waterloo Wellington Regional Cancer Program</b> Grand River Regional Cancer Centre, Kitchener, ON	(519) 749-4380 – Supportive Care (519) 742-3611 – Cancer Centre	
<b>Hamilton Niagara Haldimand Brant Regional Cancer Program</b> Juravinski Cancer Centre Hamilton, ON	(905) 387-9495 ext. 64315 – Supportive Care (905) 387-9495 – Cancer Centre	<b>Deena Klodt</b>
<b>Mississauga Halton Central West Regional Cancer Program</b> Carlo Fidani Peel Regional Cancer Centre, Mississauga, ON	(905) 813-1100 ext. 4862 – Supportive Care (905) 813-1100 ext. 4439 – Cancer Centre	
<b>Toronto Central Regional Cancer Program</b> 1. Odette Cancer Centre - Sunnybrook Health Sciences Centre	(416) 480-4623 – Supportive Care (416) 480-5000 – Cancer Centre Toll free: (866) 696-20082	
2. Princess Margaret Hospital	(416) 946-4525 – Supportive Care (416) 946-4501 – Cancer Centre (416) 864-6060 ext.2422 – based at St.Michaels Hospital	<b>Joanna Vautour</b>
<b>Central Regional Cancer Program</b> Stronach Regional Cancer Centre, Newmarket, ON	(905) 895-4521 ext. 6080 – Supportive care number (905) 895-4521 ext. 6820 – Cancer Centre	
<b>Central East Regional Cancer Program</b> R.S. McLaughlin Durham Regional Cancer Centre ,Oshawa, ON	(905) 576-8711 ext. 2554 – Supportive Care (905) 576-8711 – Cancer Centre Toll free: 1-866-338-1778	<b>Kathy MacLeod-Beaver</b>
<b>South East Regional Cancer Program</b> Cancer Centre of Southeastern Ontario, Kingston, ON	(613) 544-2630 - Supportive care (613) 544-2630 – Cancer Centre Toll free: 1-800-567-5722	<b>Lynn Brant</b>
<b>Champlain Regional Cancer Program</b> The Ottawa Hospital Cancer Centre, Ottawa, ON	(613) 737-7700 ext. 70516 – Supportive Care (613) 737-7700 – Cancer Centre	<b>Verna Stevens</b>
<b>North Simcoe Muskoka Regional Cancer Program</b> Simcoe Muskoka Regional Cancer Centre/ Royal Victoria Hospital, Barrie, ON	(705) 728-9090 ext. 43520 – Supportive Care (705) 728-9090 ext. 43333 – Cancer Centre	<b>Leah Bergstrom</b>
<b>North East Regional Cancer Program</b> Northeast Cancer Centre, Sudbury, ON	(705) 522-6237 ext. 2175 – Supportive Care (705) 522-6237 – Cancer Centre Toll free: 1-877-228-1822	<b>Sherri Baker</b>
<b>North West Regional Cancer Program</b> Regional Cancer Care – Northwest Thunder Bay Regional Health Sciences Centre, Thunder Bay, ON	(807) 684-7310 – Supportive Care (807) 684-7200 – Cancer Centre Toll free: 1-877-696-7223	<b>Jeannie Simon</b> (speaks Cree, Oji-Cree and Ojibwe)