



Where to Start...Family and Loved Ones

Suggestions for resources when you **start** to look for information on Family and Loved Ones

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Common Questions

Is it important to talk to my family and loved ones?

- Yes it is important to speak to them.
- It is common for you and your loved ones to have different reactions to the cancer. Sometimes the way that you relate to each other will change. You may take on different roles than you have in the past. Talking about how you and your family are responding to these changes is an important part of coping well.

Is it important to involve my family and loved ones?

- Yes, it is important to involve your family and loved ones if they are supporting you.
- It may help to have one person be the main contact for you to give updates to your other supports.
- You can decide how much or how little you would like to involve your family and loved ones.
- Your family and loved ones may be able to help you with practical needs, such as preparing meals, housekeeping, taking care of children and whatever else you may need help with.

What do I tell them?

- You can choose how much information you would like to share.
- Generally you and the people supporting you will be able to manage or cope better if you share with them what is going on.

<p>Common Questions Continued</p>	<p>Can my family and loved ones phone for any medical information?</p> <ul style="list-style-type: none"> Your healthcare team cannot tell anyone about your medical information. You need to give written permission if you want the medical team to tell anyone else about your medical information. <p>What if my family and loved ones need or want help?</p> <ul style="list-style-type: none"> You can have your family and loved ones speak to a social worker for support or resources that may be helpful.
<p>Telephone</p>	<p>Wellspring Caregiver Support Group</p> <ul style="list-style-type: none"> Oakville: 905-257-1988 Brampton: 905-792-6480 <p>Canadian Cancer Society's Cancer Information Service</p> <ul style="list-style-type: none"> Provides general information in English and French on cancer treatment. Peer Support <ul style="list-style-type: none"> 1-888-939-3333
<p>Booklets and Books</p>	<p>Care for the Caregiver</p> <p>A handout created by the Credit Valley Hospital</p> <p>When Someone you Know has Cancer</p> <p>Published by the Canadian Cancer Society</p>
<p>Website</p>	<p>Cancer Connection</p> <ul style="list-style-type: none"> online community for cancer patients, their families/friends www.cancerconnection.ca

These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult with your healthcare provider. Inclusion of a resource does not imply endorsement by the Mississauga Halton Central West Regional Cancer Program or any of its partner hospitals.