

How can the Cancer Navigation Team help me?

The Cancer Navigation Team is comprised of experienced Registered Nurses and a Registered Social Worker. The Cancer Navigation team is available through all stages of your cancer journey. They can:

- Ensure you're fully informed about your tests, treatments, symptoms, and medications.
- Help you prepare for your appointments.
- Act as a contact point to answer questions and coordinate care between all members of your healthcare team.
- Provide you with emotional, spiritual or psychological support and connect you with other community resources.
- Help you with follow-up care and support you through life after treatment.

Contact

Interested in learning more or referring yourself to the program?
Contact the Cancer Navigation Team directly or through a referral from one of your NWT healthcare providers.

Toll Free: 1-866-313-7989

Cancer Nurse Navigators (opt. 3)
Oncology Medical Social Worker (opt. 4)

Email:

Cancer Nurse Navigators:
cancer_navigator@gov.nt.ca
Oncology Medical Social Worker:
cancer_socialwork@gov.nt.ca

www.cancernwt.ca

Une version française de ce document est disponible.

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NORTHWEST TERRITORIES
**Health and Social
Services Authority**

**Supporting Your
Loved One During
Cancer**

Support People Resource

Lending a hand

Take on necessary chores and housework.

Raking leaves, shoveling snow, cleaning a bathroom, vacuuming, folding laundry, or caring for pets are ways you can offer support to a person with cancer.

Help with childcare or getting kids to and from activities and school.

Children can require increased support if their loved ones are dealing with cancer. Take them to the park, watch a movie, go for a walk, or offer to babysit if the parents need to go to an appointment or just need some time away.

Bring dinner, precooked meals, or groceries.

Have a freezer-ready meal or all the fixings for a meal when they need it.

Having cancer is hard and it can be hard to keep up with life, everyday things like cooking and cleaning can fall through the cracks.

Often times people will not ask for help, but that doesn't mean it is not wanted or needed. If you are searching for ways you can support your friend or loved one these are a few ways you can help.



Showing support

Offer to attend doctor's appointments or cancer treatments.

It is helpful to have friend or family member there for emotional support.

Visit and maintain your friendship.

Sometimes your loved one may want to talk, cry, and work things out and need someone to just listen. Other times they may not feel like talking but don't want to be alone. Be there for whatever they need.

Take no offense and never stop showing that you care.

Connecting on social media, sending a card or a text, or making a phone call to say you're thinking of them will be appreciated.