Camrose Community Cancer Centre
For health advice and information, call Health Link at 811, 24 hours a day, 7 days a week.

If you are having a medical emergency, call 911 right away.

**Introduction**

At Camrose Community Cancer Centre, we provide treatment for your cancer and offer many services to support you and your family during and after your cancer treatments. However, we are not able to provide support for all of the needs that you may have. This booklet lists many outside sources of help from the government, community organizations and businesses that may be helpful to you. This is by no means a complete listing of all available options. We welcome input on your experiences and your suggestions for updating this resource.

**Disclaimer**

Camrose Community Cancer Centre is providing you with this information as a courtesy. We do not endorse any of the community organizations or businesses, as we cannot fully determine their quality, benefit, and safety.
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Getting to the Cancer Centre

1) Accommodations

Several hotels in Camrose offer special reduced rates for patients and their families. In order to qualify for the reduced rate, you must complete a request form and have it signed by a member of the hospital staff. The completed form is given to the hotel upon check-in. Please check at the front desk of St. Mary’s Hospital for a list of hotels in the area and a request form.

If you are traveling to another Cancer Centre for treatment or follow-up visits, please see the Patient Guide for that centre at www.albertahealthservices.ca/cancer/Page9613.aspx.

2) Transportation

Canadian Cancer Society Volunteer Driver Program

If you are staying in Edmonton, Red Deer, Calgary or Lethbridge (or the immediate surrounding area) for treatment, the Volunteer Drivers Program offers transportation between your accommodations and the Cancer Centre. Call a few days before you travel to make arrangements.

- Calgary & Lethbridge: 1-800-263-6750
- Edmonton & Red Deer: 1-855-477-8998

Cross Cancer Institute Van Shuttle Service

If you are an out of town patient staying at a hotel or Bed and Breakfast close to the Cross Cancer Institute, you may be able to access the Van Shuttle Service. For more information call the Cancer Information Centre at 780-432-8456.

3) Parking

Free parking available onsite.
Cancer Patient Navigator

Cancer Patient Navigators work at the community and regional cancer centres. They guide patients through the complex maze of cancer tests, appointments, treatments and emotions. As registered nurses with specialized training in cancer care, they offer close to home support to ease the journey for patients and their families before, during and after cancer treatment.

You can contact the Cancer Patient Navigator for the Camrose Community Cancer Centre at 780-679-2837.

Aboriginal Cancer Patient Navigator

The Aboriginal Cancer Patient Navigator supports patients who self-identify as First Nations, Métis or Inuit. If you would like to access the Aboriginal Cancer Patient Navigator during your care, please contact your local Cancer Patient Navigator.

Camrose District Help Book

The help book is a guide to services available in the Camrose area. It includes services related to finances, housing, recreation, education, family supports and many more. It is available online at www.camrosefcss.ca/helpbook.
1) Counselling

Camrose Mental Health Services

A variety of services is provided for patients and their families. For more information call 780-679-1241.

Camrose Community Cancer Centre Social Worker

The social worker can offer support in a number of areas. Contact the Cancer Patient Navigator at 780-679-2837 for a referral. This service is offered remotely by phone or by videoconference.

Cross Cancer Institute — Psychosocial and Spiritual Resources

Call 780-643-4303 or 780-643-4304 to book an appointment with a psychologist, a social worker, a spiritual counsellor, an art therapist while you are Edmonton for treatment or other appointments or for information about our support groups.

Psychologists:

- Offer counselling to patients and family members to help reduce emotional distress and explore coping techniques

- Can help with things such as communication, stress, coping with treatment side effects, mood changes, quality of life, body image, or loneliness

Social Workers:

- Provide information on resources related to discharge planning, finance, personal affairs, transportation, accommodations, long-term placement and other non-medical concerns

- Can help with difficult decisions and practical concerns
Spiritual Care Provider / Counsellors:

- Help patients and families explore their beliefs, values and emotions, keeping the feelings of hope and purpose strong in their lives
- Offers support to all, whether religious or non-religious
- Individual counselling is available by appointment
- There is a Multi Faith Prayer Centre open 24 hours which is located by the Gift Shop on the main floor of the Cross Cancer Institute

Art Therapists:

- Help patients explore their emotions with counselling and creative expression such as drawing, painting, or writing

Canadian Cancer Society — Cancer Connection
Cancer Connection is a support network that offers peer-to-peer support to cancer patients and their caregivers. You can talk with caregivers or current and former patients with your same type of cancer. Call 1-800-263-6750 or visit www.cancerconnection.ca.
2) Support Groups

Cross Cancer Institute — Psychosocial and Spiritual Resources
Call 780-643-4303 or 780-643-4304 for information about our support groups.

Cancer Chat Canada
This organization offers professionally-led online support groups where you can connect with others who are having similar experiences. Visit www.cancerchatcanada.ca.

Wellspring Edmonton
Wellspring Edmonton offers one-on-one sessions for anyone diagnosed with cancer and/or caregivers to meet with trained volunteers who have experience with a similar cancer. Wellspring Edmonton also hosts meetings for a number of support groups. A wide variety of additional supportive programs will be offered once the Center opens. Call 780-758-4433 or visit www.wellspringedmonton.ca for more information.
3) Community Support

Many community organizations offer in-person, online or telephone support. This includes peer support, discussion forums, and support groups for people with different types of cancer and their families. Below is a list of some the community organizations that have these kinds of services:

- Bladder Cancer Canada  
  bladdercancercanada.org
- Breast Cancer  
  cbcf.org
- Colorectal Cancer Association  
  colorectal-cancer.ca
- Kidney Cancer Canada  
  kidneycancercanada.ca
- Leukemia & Lymphoma Society of Canada  
  llscanada.org
- National LGBT Cancer Network  
  cancer-network.com
- Melanoma Network of Canada  
  melanomanetwork.ca
- Ovarian Cancer Canada  
  ovariancanada.org
- Prostate Cancer Canada  
  prostatecancer.ca
- Testicular Cancer Canada  
  testicularcancercanada.ca

The Cancer Information Centre (Edmonton)

The Cancer Information Centre has information about in-person support groups that meet in Edmonton. Visit them on the main floor of the Cross Cancer Institute or call 780-432-8456.

Greater Edmonton Animal Rescue Society

Whatever the reason, GEARs has helped pet owners in the past take the time they need while knowing that their furry family is well cared for and waiting for them in the end. Please visit www.edmontonanimalrescue.org and search Compassionate Care program or call 780-628-7129.
4) Spiritual Care
Camrose Ministerial Association

For the most current phone number, please visit the Family and Community Support Services (FCSS) Helpbook by visiting www.camrosefcss.ca, clicking on the “Helpbook” and searching for “Camrose Ministerial Association.”

5) Support for Children
Cancer in My Family

This website is designed to help children explore their feelings, worries and questions about having cancer in the family. Visit www.cancerinmyfamily.ca.

6) Support for Young Adults
Survive & Thrive Cancer Programs

Survive & Thrive Cancer Programs use adventure expeditions, film, healthy living, experiential education and research to encourage and inspire those touched by cancer to live well. Visit www.survivethrive.org.

Cancer Fight Club

Cancer Fight Club aims to provide young adult patients, caregivers, family and friends, instant access to the resources and support services that help guide you through your cancer experience. Visit www.cancerfightclub.ca.
Stupid Cancer
Stupid Cancer is a non-profit organization that empowers those affected by young adult cancer through innovative programs, forums and services. Visit www.stupidcancer.org.

Young Adult Cancer Canada
Young Adult Cancer Canada’s mission is to support young adults as they move through and beyond cancer, connect them to peers, provide a bridge out of isolation, and be a source of inspiration. Visit www.youngadultcancer.ca.

8) Support for LGBT

Cancer’s Margins

National LGBT Cancer Network
The National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk by:

• Educating the LGBT community about our increased cancer risks and the importance of screening and early detection;
• Training health care providers to offer more culturally-competent, safe and welcoming care; and
• Advocating for LGBT survivors in mainstream cancer organizations, the media and research.

Visit www.cancer-network.com for more information
7) Support for Caregivers

Caregivers are those who are working hard to take care of a loved one with cancer, or other health issues. Caring for someone with cancer can be difficult. There is support that can help provide relief for caregivers.

Alberta Caregivers Association

This organization offers support for people who provide unpaid care for a loved one living with a disability, illness or aging. The organization offers information, education, support, and advocacy for caregivers and helps caregivers connect with others. For more information on the Alberta Caregivers Association, please call 1-877-453-5088.

Home Care

Alberta’s Home Care Program provides medical and non-medical support for patients. Services include nursing, physiotherapy, occupational therapy and personal care.

For Home Care in the Central zone (including Camrose), call the Continuing Care Access Centre at 1-855-371-4122. Anyone can call between 8:15am and 9:00pm Monday to Friday and 8:00am to 4:30pm Saturday, Sunday and statutory holidays. If you’re calling for someone else, you must have their consent.

For more information, or for services in other areas, visit www.albertahealthservices.ca/cc/Page13336.aspx.
8) Support for Seniors

Service Options for Seniors (SOS)
This program helps seniors and their family members find information about programs and services for seniors from a number of agencies. Call 1-866-672-4131 or visit www.camroseseniorsinfo.ca for more information.

Government of Alberta
The Government of Alberta provides a number of programs and services to support seniors in Alberta. For more information on benefits including Retirement Benefits, Canada Pension Plan, Widow’s Pension Program, Survivor Benefits and others, visit www.seniors.gov.ab.ca.
1) Local Resources

Neighbour Aid Food Bank
The food bank is open Tuesday, Wednesday and Thursday from 9:00 to 11:30am. Call 780-679-3220 or visit www.neighboraid.ca/programs/food-bank for more information.

Camrose Community Cancer Centre Social Worker
The social worker can offer support in a number of areas. Contact the Cancer Patient Navigator for a referral. This service is offered remotely by phone or by videoconference.

Service Options for Seniors (SOS)
This program helps seniors and their family members find information about programs and services for seniors from a number of agencies. Call 1-866-672-4131 or visit www.camroseseniorsinfo.ca for more information.

2) Government of Alberta Resources

- **Alberta Adult Health Benefit**: supports low income Albertans by paying for prescription drugs and other medical supplies. This service may help pay for health services that are not covered by the Alberta Health Care Insurance Plan. Call 1-877-644-9992 or visit www.humanservices.alberta.ca and search for Adult Health Benefit.

- **Income Support**: financial help for Albertans who do not have the resources to meet their basic needs. If you cannot work because of chronic health or other problems, you may qualify for income support. Call 1-866-644-5135 or visit www.humanservices.alberta.ca and search for Income Support.
• Assured Income for the Severely Handicapped (AISH): financial and health-related support to adults with a disability. For information, call 1-877-644-9992 or visit www.humanservices.alberta.ca and search for AISH.

• Alberta Works: helps unemployed people find and keep jobs, employers meet their need for skilled workers, Albertans with low incomes cover their basic costs of living. Visit www.humanservices.alberta.ca and search for Alberta Works.

• Child Care Subsidy: funds to help lower income families get professional childcare services. Families must qualify for this subsidy and the rates will be different for each family. For more details, call 1-877-644-9992 or visit www.humanservices.alberta.ca and search for Child Care Subsidy.

• Alberta Seniors Benefit: a monthly income supplement to federal income sources including Old Age Security and Guaranteed Income Supplement for seniors with low incomes. For more information, call 1-877-644-9992 or visit www.seniors.alberta.ca and search for Alberta Seniors Benefit.

• Special Needs Assistance for Seniors: a lump-sum payment to low-income seniors who qualify for the Alberta Seniors Benefit. This program helps with some of the cost of appliances, minor home repairs and some health and personal supports. For more information, call 1-877-644-9992 or visit www.seniors.alberta.ca and search for Special Needs Assistance.
3) Government of Canada Resources

Employment Insurance Benefits

• **Employment Insurance Sickness Benefit:** benefits for a certain number of weeks for people who have contributed to the program. To find out if you qualify, call 1-800-206-7218 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Sickness Benefits.

• **Employment Insurance Compassionate Care Benefit:** up to 26 weeks of benefits for people who need to take time off work to care for a family member who is not expected to live long. For details, call 1-800-206-7218 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Compassionate Care.

Canada Pension Plan (CPP) Benefits

• **Canada Pension Plan (CPP) Disability Benefit:** support for people who have a long-term disability and have contributed to the plan. For more information, call 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Disability Benefit.

• **Canada Pension Plan (CPP) Children’s Benefit:** provides a monthly pension to the dependent children of a disabled or deceased contributor to the Canada Pension Plan. For details, call 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Children’s Benefit.
• **Canada Pension Plan (CPP) Survivor’s Pension:** a monthly benefit for widows or widowers of a legal or common law marriage who have little or no other income. You must be 60 to 64 years of age and have lived in Canada for a certain period of time to qualify. Call 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Survivor’s Pension.

• **Old Age Security Pension:** a monthly income for most people, 65 years of age or older, who live in Canada. For more information call 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) and search for Old Age Security Pension.

**Veterans’ Affairs**

Veterans’ Affairs Canada offers a wide range of services and benefits to qualified veterans, Canadian Forces members, some members of the RCMP, and certain civilians and their families. For more information on the services and benefits offered call 1-866-522-2122 or visit [www.veterans.gc.ca](http://www.veterans.gc.ca).

4) **Canadian Cancer Society Resources**

**Canadian Cancer Society Compassionate Financial Assistance Program**

For end-of-life costs, the Compassionate Financial Assistance Program provides modest support to those who have been diagnosed as palliative and have used up all other possible financial supports. For more information on the Compassionate Financial Assistance Program, call 1-800-661-2262 or visit [www.cancer.ca](http://www.cancer.ca) and search for Financial Assistance.
5) Medical and Health Insurance

Alberta Health Care

Alberta Health Care pays for the costs of your chemotherapy and radiation therapy. However, it does not cover pain and anti-nausea medicines. It is important that you have some type of private or provincial health insurance because some medicines are expensive.

If you have no drug coverage, we encourage you to apply for Alberta Blue Cross Non Group coverage as soon as possible. It will take 3 to 4 months before Alberta Blue Cross starts covering your medicines. For more information visit www.health.alberta.ca and search for Non Group Coverage or call Alberta Blue Cross at 1-800-661-6995.

If you have private or public insurance find out:

- If you have a yearly maximum for prescriptions
- What is your co-pay portion
- If your plan is a direct bill plan or a reimbursement plan
- What level of coverage you have i.e., full or partial coverage

You may need to get more coverage.

If you need help with drug coverage or need more information about Alberta Blue Cross Non-Group, call Cancer Patient Navigator.
Alberta Blue Cross
AB Blue Cross plans provide practical benefits you’ll use on a regular basis, as well as affordable protection against the high cost of unexpected illness, accidents or medical conditions. Visit www.ab.bluecross.ca or call 1-800-661-6995.

Alberta Palliative Coverage Program
This insurance plan covers most of the costs for prescription drugs for those who are dealing with a terminal illness. For information on how to qualify for this plan, visit www.health.alberta.ca and search for Palliative Coverage or call Alberta Blue Cross at 1-800-661-6995.

Drug Access Coordinator
Many supportive medications, such as antiemetic’s or blood thinners, are not covered by Alberta Health Care. Without a drug plan, these prescriptions can be very expensive and patients can face thousands of dollars’ of medication costs. Your Drug Access Coordinator can talk with the drug company to see if there are any programs that cover, or share the cost of the drug. Please call 780-432-8799, Mon – Fri from 8am to 4pm.
6) Medical Equipment and Supplies

**Alberta Aids to Daily Living (AADL)**
Alberta Aids to Daily Living helps Albertans with a long-term disability, chronic illness or terminal illness. They give financial assistance to buy medical equipment and supplies, such as home oxygen. Alberta Aids to Daily Living can also help with mastectomy prostheses. You will need a medical assessment to determine what equipment and supplies you can receive. For more information visit [www.health.alberta.ca](http://www.health.alberta.ca) and search for Aids to Daily Living or call 310-0000, then 780-427-0731 (toll-free).

**Canadian Red Cross Health Equipment Loan Program (HELP)**
This program gives short-term loans of basic medical equipment to people recovering from surgery or injury, or who have problems moving on their own. To get this service, you will need a referral from a health care professional. For more information on this service visit [www.redcross.ca](http://www.redcross.ca) and search Health Equipment Loan Program.
If you are concerned about symptoms you are having, talk with your nurse, family doctor or oncologist. They can refer you to other health care professionals if needed. You can also call Health Link at 811, 24 hours a day, 7 days a week. If you are having a medical emergency, call 911 right away.

1) Better Choices, Better Health® Program

This program is offered by Alberta Health Services. It provides free online or in-person workshops that support people with ongoing chronic health conditions, including cancer, learn how to better manage their health. This free, 6 week program includes information on how to:

- Make healthy lifestyle changes
- Deal with difficult emotions
- Develop communication skills
- Use medications
- Work with your health care team

You can find out more at www.albertahealthservices.ca/bcbh.asp.

2) Fatigue

Fatigue videos

Dr. Mike Evans has several You Tube videos that can be helpful in understanding and improving your fatigue. Search for the following videos on www.youtube.com:

- Cancer Fatigue
- Make Your Day Harder
3) Hair Loss and Appearance

Cross Cancer Institute Wig Services
The Wig Service is on the Lower Level, Room 0102, by the elevators. For more information, call 780-432-8334.

Look Good Feel Better
Look Good Feel Better is a special program designed to boost the confidence of women with cancer. This free 2 hour workshop is hosted by the Canadian Cosmetic, Toiletry and Fragrance Association Foundation. Each woman receives a free kit of cosmetic products and learns simple make-up tips to manage their appearance-related side effects. Women also receive tips on hair and headwear techniques. These sessions are held in Edmonton, Calgary, Red Deer, Lethbridge, and Medicine Hat. To register for this program or get more information on the program, call 1-800-914-5665 or visit www.lgfb.ca.

Canadian Cancer Society Wig Rooms
The Wig Rooms can lend you new and used wigs, head coverings and other accessories to use while you are dealing with cancer. There is no fee to this service. To find a wig room close to you, call 1-888-939-3333 or visit www.cancer.ca and search for Find a Wig.
4) Rehabilitation Medicine

Occupational Therapy
• Phone: 780-432-8798
  • Cancer and cancer treatment can disrupt your lifestyle. Everyday activities, such as feeding or dressing yourself may become difficult. Occupational therapists are skilled professionals who work with you to set and work towards therapy goals to help improve your independence and quality of life. This service is available for both inpatients and outpatients.

Physical Therapy
• Phone: 780-432-8716
  • Cancer and cancer treatments may cause physical problems that can affect how well your body functions and performs. Physical therapy can help you manage and improve the physical impairments that may happen as a result of cancer. This service is available to both inpatients and outpatients but outpatients will need to ask their doctor for a referral.

Speech Language Pathology
• Phone: 780-432-8288
  • Cancer and cancer treatments can cause a wide variety of disorders that affect people’s ability to communicate or swallow effectively. If you are having difficulties with speaking or swallowing, a Speech Language Pathologist may help you. This service is available for both inpatients and outpatients. You do not need a doctor’s referral, but please call for an appointment.
1) Better Choices, Better Health® Program
This program is offered by Alberta Health Services. It provides free online or in-person workshops that support people with ongoing chronic health conditions, including cancer, learn how to better manage their health. You can find out more at www.albertahealthservices.ca/bcbh.asp.

2) Sexuality and Fertility
If you are having intimacy or sexuality concerns, talk to your doctor, nurse practitioner, or social worker at the Cancer Centre. They can provide you with help, or connect you with others who can help.

The Canadian Cancer Society
The Canadian Cancer Society provides information about sexuality, fertility and cancer. Visit www.cancer.ca and search for Sexuality or Fertility.

Cross Cancer Institute — Oncology and Sexuality, Intimacy & Survivorship (OASIS) Program
This program offers resources for people who have sexuality and intimacy concerns. Call 780-643-4303.

Fertile Hope
This website helps inform people about fertility issues and options related to cancer and treatment, visit www.fertilehope.org.

Regional Fertility and Women’s Endocrinology Clinic
This program provides various services for fertility issues related to cancer and cancer treatment, including sperm banking. You need a referral to access these services. Talk to your family doctor or oncologist.
3) Eating Well

Clinical Dietitian

For information on nutrition, call the Camrose Healthy Living Centre at 780-608-8683 or the Primary Care Network Dietitian at 780-608-4927.

Nutrition Services

While you are having treatment or follow-up appointments at the Cross Cancer Institute, you can make an appointment with a Registered Dietitian. These appointments can be over the phone if necessary.

Registered Dietitians also offer classes about nutrition and how to eat well when you have cancer.

Call 780-432-8782 between 8:00am and 4:15pm to make an appointment or for information about classes.

Meals on Wheels

Meals on Wheels is an organization that prepares and delivers meals for seniors and housebound residents. For more information on this service in Camrose, call 780-672-0141 or visit www.camrosefcss.ca.
5) Smoking Cessation

If you want to quit smoking, **Alberta Quits** can help. Operated by experts, **AlbertaQuits.ca** gives you:

- Support from trained cessation counsellors
- Access, day and night, to community chat forums
- Information on medications to help you quit
- Fact sheets on various tobacco-related topics
- An “ask the expert” section where tobacco experts answer all your questions
- E-quit tips, as well as an interactive texting service

Call 1-866-710-7848, or visit [www.albertaquits.ca](http://www.albertaquits.ca).
4) Being Active

University of Calgary Health and Wellness Lab:

- Yoga Thrive: a fee-based and research-based, therapeutic yoga program for cancer survivors and their support persons. This gentle, 12-week yoga program has been modified for cancer survivors; especially those who are experiencing stiffness, pain, stress or fatigue. Yoga Thrive classes are now offered in Calgary, as well as a number of locations across Alberta including Cochrane, Edmonton, Jasper, Lethbridge, Medicine Hat, and St. Albert. For more information please call 403-210-8482, or email wellnesslab@ucalgary.ca

- Numerous community-based physical activity programs, and some specifically for breast (B.E.A.U.T.Y.), prostate (TrueNTH), head/neck, neuro-oncology and pediatric cancer populations. Please check out the lab website for further information.

- Visit www.kin.ucalgary.ca/healthandwellnesslab for more information.

Wellspring Edmonton (Opening Summer 2016)

Wellspring Edmonton offers a variety of exercise and movement programs to help improve physical function, fatigue and overall quality of life. All programs are free. Call 780-758-4433 or visit www.wellspringedmonton.ca for more information.
5) Finding a Family Doctor

Family doctors are important members of your health care team. Your family doctor can help you manage your health before, during and after treatment. If you don’t have a family doctor, call Health Link Alberta at 811, visit www.cpsa.ab.ca, or www.edmontonareadocs.ca to find a doctor accepting new patients in your area.

Primary Care Networks

A PCN (Primary Care Network) is a network of doctors and other health providers such as nurses, dietitians and pharmacists working together to provide primary health care to patients in their home communities. These Networks help improve our health by bringing together teams who focus on health promotion, disease and injury prevention, and care of the patients and patients with chronic diseases. To find a PCN in your community, visit www.pcnpmo.ca.
1) Help at Home

Alberta Health Services — Home Care

Alberta’s Home Care Program provides medical and non-medical support for patients. Services include nursing, physiotherapy, occupational therapy and personal care.

For Home Care in the Central zone (including Camrose), call the Continuing Care Access Centre at 1-855-371-4122, 8:15am and 9:00pm Monday to Friday and 8:00am to 4:30pm Saturday, Sunday and statutory holidays. If you’re calling for someone else, you must have their consent.

For more information, or for services in other areas, visit www.albertahealthservices.ca/cc/Page13336.aspx.

2) Palliative and End of Life Care

Palliative Care supports people who have a progressive cancer that cannot be cured and their families. The focus is to help people fulfill their wishes for quality of life and to support families with care giving and the loss of a loved one.

Palliative care services also help with end of life matters to ensure loved ones die as peacefully and comfortably as possible. When possible, the individual may choose the location of his or her care. To find out more about palliative and end of life care in general, visit www.myhealth.alberta.ca and search for Palliative Care.
Psychosocial Services — Palliative Care
Provides practical support and counselling to patients and families dealing with end-of-life issues, grief, and loss of a loved one. Services include:

- Help with complex discharge needs
- Emotional support and counselling for all stages of grief
- Assistance with financial and legal issues
- Referrals to community resources

For more information please call 403-343-4832

Alberta Health Services — Palliative Care
Alberta Health Services Palliative and End of Life care provides health care services to people needing palliative health care, and their families. This is provided by a team of specially trained nurses and other health care professionals along with the help of a doctor. For information on palliative care services offered by Alberta Health Services, call 1-855-371-4122 or visit www.myhealth.alberta.ca and search for Palliative Care.

Alberta Health Services — Advance Care Planning
Advance Care Planning is a way to help you think about, talk about, and document your wishes for health care. It’s a process that can help you make health care decisions now and for the future. Find out more at www.myhealth.alberta.ca and search for Advance Care Planning.

Alberta Hospice Palliative Care Association
The Alberta Hospice Palliative Care Association provides a list of resources and services specific to palliative care. They can help you find resources in your community. For more information call 403-206-9938 or visit www.ahpca.ca.
**Canadian Virtual Hospice**
The Canadian Virtual Hospice has on-line information and support on palliative and end-of-life care, loss and grief. A team of experts can answer your questions about life threatening illness and loss. For more information, visit www.virtualhospice.ca.

**Cancer in My Family**
This website helps children explore their feelings, worries and questions about having cancer in the family, please visit www.cancerinmyfamily.ca.

**Grief Support Services**
Alberta Health Services offers grief counselling to adults 18 and older who have faced the death of a loved one. The program offers individual and group services on a self-referral basis. Call 403-955-8011.

**My Grief**
Can help you understand grief and work through some of the difficult issues you may be facing. It is not meant to replace professional counselling or other health care services. Visit www.mygrief.ca.
For More Information

1) The Cancer Information Centre

The Cancer Information Centre is located on the main level of the CCI. It promotes wellness and provides information services to help patients and families make informed health care decisions. It is staffed by trained volunteers and includes the following services:

- Library (books, DVD’s, CD’s, pamphlets and credible website sheets on a variety of cancer related topics)
- Information and referral
- Way finding
- Registration of patients for classes
- Accommodation information
- Computer kiosk to access email and credible web based resources

For more information, or to access any of these services, call 780-432-8456.

2) Patient Education Specialist

Patient Education Specialists work with cancer experts to develop education for patients. They also organize education sessions for patients on different types of cancer every year. To get information on upcoming sessions for Edmonton and surrounding areas please call 780-643-7195.
3) Canadian Cancer Society

This is a national free service provided by the Canadian Cancer Society. Information Specialists take time to answer your questions about cancer in a clear way in English or French. They also help connect you with other types of support. Call 1-888-939-3333, visit www.cancer.ca or email info@cis.cancer.ca.

4) Recommended Resources

Family and Community Support Services (FCSS)

Many communities in Alberta have supports and services through their Municipal Family and Community Support Services (FCSS). Services may include counselling, information and referral, volunteer driver and local subsidy programs, community courses, and help completing important paperwork like income taxes and provincial benefit programs. To find out more about FCSS services that may be available in your home community, visit www.camrosefcss.ca or call 780-672-0141.
### Alberta Health Services
- **Alberta Prevents Cancer** - albertapreventscancer.ca
- **CancerControl Alberta** - albertahealthservices.ca/cancer/cancer.aspx
- **Palliative and End of Life Care** - myhealth.alberta.ca
- **Health Link Alberta** - albertahealthservices.ca/info/Page12630.aspx

### General Cancer Information
- **American Cancer Society** - cancer.org
- **Canadian Cancer Society** - cancer.ca
- **Canadian Cancer Survivor Network** - survivornet.ca
- **Cancer’s Margins** - lgbtcanada.ca
- **BC Cancer Agency** - bccancer.bc.ca
- **Oncolink** - oncolink.org
- **People Living with Cancer** - plwc.org.za
- **Wellspring Calgary** - wellspringcalgary.ca
- **Wellspring Edmonton** - wellspringedmonton.ca

### Specific Cancer Information
- **Bladder Cancer Canada** - bladdercancercanada.org
- **Brain Tumour Foundation** - braintumour.ca
- **Canadian Breast Cancer Foundation** - cbcf.org
- **Canadian Skin Cancer Foundation** - canadianskincancerfoundation.com
- **Carcinoid Neuroendocrine** - cnetscanada.org
<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Website</th>
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<tbody>
<tr>
<td>Colon Cancer Awareness</td>
<td>coloncancercanada.ca</td>
</tr>
<tr>
<td>Colorectal Cancer Association of Canada</td>
<td>colorectal-cancer.ca</td>
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<tr>
<td>Foundation for Women’s Cancer</td>
<td>foundationforwomenscancer.org</td>
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<tr>
<td>Gastric Cancer Foundation</td>
<td>gastriccancer.org</td>
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<tr>
<td>Head and Neck Cancer Alliance</td>
<td>headandneck.org</td>
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<tr>
<td>Kidney Cancer Canada</td>
<td>kidneycancercanada.ca</td>
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<tr>
<td>Leukemia &amp; Lymphoma Society of Canada</td>
<td>llcanada.org</td>
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<tr>
<td>Life Beyond Lymphoma</td>
<td>lifebeyon Secondlymphoma.ca</td>
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<tr>
<td>Lung Cancer Canada</td>
<td>lungcancercanada.ca</td>
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<tr>
<td>Melanoma Network of Canada</td>
<td>melanomanetwork.ca</td>
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<td>Myeloma Canada</td>
<td>myelomacanada.ca</td>
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<td>Pancreatic Cancer Canada</td>
<td>pancreaticcancercanada.ca</td>
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<td>Prostate Cancer Canada</td>
<td>prostatecancer.ca</td>
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<td>Sarcoma Cancer Foundation</td>
<td>sarcomacanada.ca</td>
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<tr>
<td>Thyroid Cancer Canada</td>
<td>thyroidcancercanada.org</td>
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<td>Testicular Cancer Canada</td>
<td>testicularcancercanada.ca</td>
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<tr>
<td>Ovarian Cancer Canada</td>
<td>ovariancanada.org</td>
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5) Alberta 211

Alberta 211 connects you to a full range of non-emergency social, health and government services in Edmonton and other large cities. You can get information in many languages by phoning 211 or online at www.ab.211.ca.

6) Alberta Public Libraries

Most Alberta communities have one or more public libraries. Public libraries can help you access website information.

Service information can change. Please send updates to:

cancerpatienteducation@ahs.ca