How do I connect with an Indigenous Cancer Patient Navigator?

Patients and families can phone us directly.

Call the number connected to the area where you live or are getting cancer treatments, or ask a healthcare provider for a referral.

If you're not sure what number to call, pick a number below and we will connect you to the person who can best support you.



Healthcare providers - call the navigators to talk about supports that might help your patient or to connect your patient with an Indigenous cancer patient navigator.



What is an Indigenous Cancer Patient Navigator?

Services are free

and confidential.

We are registered nurses who work with and support First Nations, Métis, and Inuit peoples impacted by cancer. We support patients and families wherever you are in your cancer journey.

What can Indigenous Cancer Patient Navigators help with?

- Navigating the healthcare system and answering questions.
- Providing support and information
- Connecting you to supportive services and resources
- Advocating for you to help get your questions answered and your concerns addressed.

For other Cancer Care Alberta resources, visit <u>cancercarealberta.ca</u>



Gen Info | Indigenous Cancer Patient Navigators | Prov | 2024-09 | CPE-P0085

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Information for patients & families

Indigenous Cancer Patient Navigators

Helping you walk the cancer care journey one step at a time



General Information





Working Together

O Get Connected

- Call us directly or ask your
- healthcare provider for a referral.

Share Information

- Discuss ways we can support you
- and what you hope we can help with.
- Discuss cancer, treatment plans and what to expect.
- Explore services to support your health and well-being.

• Make a Plan Together

- Work as partners at any point in
- your cancer journey to support your
- needs, concerns, or questions.

Explore Questions,

- Coordination and Supports
- that are Right For You
- Personalized information sharing.
- Help to coordinate appointments,
- travel, accomodations and
- medical coverage.
- Emotional, spiritual, mental and
- physical support from a cultural
- support worker or Elder, counsellor,
- physiotherapist, or others to support your wellbeing.

O Follow-up

Connect with any follow-up information, coordination, and support you need after treatment.

What other resources might be helpful?

Emotional and Social Supports

Distress Centre

Edmonton: 1-800-232-7288 (toll free) Calgary: 403-266-4357 Lethbridge: 1-888-787-2880 (toll free)

Hope for Wellness Help Line:

1-855-242-3310 On request, phone counselling is available in Cree, Ojibway and Inuktitut

Wellspring

Alberta North: 780-758-4433 Alberta South: 1-866-682-3135 (toll free) Indigenous Cancer Sharing Circle -<u>https://wellspringcalgary.ca/portfolio/</u> <u>indigenous-cancer-sharing-circle/</u>

Cancer Care Alberta Psychosocial Oncology www.ahs.ca/cancersupportivecare

Cancer Care Alberta

Ask your cancer care team to help you get the information you need. Look at the Cancer Care Alberta website www.ahs.ca/cancerdiagnosed

Thanks to the **Alberta Cancer Foundation and its generous donors - including Veren** who has made a 5 year commitment to support this program - for making life better for Albertans facing cancer by supporting Cancer Patient Navigation.

Practical and Cultural Supports

AHS Indigenous Hospital Liaisons

www.albertahealthservices.ca

Click on 'Information For'

- > 'Indigenous Health'
- > 'Find Services by Zone'

Non-insured Health Benefits (NIHB)

available to First Nations and Inuit peoples General Inquiries: 1-800-232-7301 Medical Transportation, Meals, Lodging, support for a Medical Escort: 1-800-514-7106

Métis Nation of Alberta

Community Wellness Supports: https://bit.ly/mnawellness 780-455-2200 Email: health@metis.org

Indigenous Primary Health Clinics

Indigenous Wellness Clinic in Edmonton: 780-735-4512 Elbow River Healing Lodge in Calgary: 403-955-6600 Alberta Indigenous Virtual Care Clinic (anywhere): 1-888-342-4822

Thanks to **AHS Indigenous Wellness Core**, partnering with Indigenous peoples, communities and key stakeholders to provide accessible, safe health services for First Nations, Métis and Inuit people in Alberta.