

Living Your Best with Advanced, Metastatic, Chronic or Non-curable Cancer - Resource Sheet



These resources may connect you and the people in your life to helpful information.

General Information

Talking to your health care team is a good way to get information about your diagnosis and treatment plan. **If you decide to look online, start with trusted websites.**

Trusted websites:

- Different kinds of cancer, advanced or metastatic cancer and cancer treatments:
 - Canadian Cancer Society <http://www.cancer.ca/en/?region=ab> (CANADA)
 - 'Cancer information' and 'What is Metastatic Cancer?'
 - American Cancer Society <https://www.cancer.org/cancer.html> (USA)
 - 'Treatment & Support' subsection 'Understanding Your Diagnosis'
 - 'Cancer A-Z'
 - National Cancer Institute <https://www.cancer.gov/> (USA)
 - 'About Cancer' and 'Cancer Types'
- More resources by cancer type:
 - Ask your health care team about resource sheets or find them at www.cancercontrolalberta.ca (CANADA)
 - 'Patients & Families' then 'Just Diagnosed' then 'Types of Cancer'
 - ✓ brain
 - ✓ breast
 - ✓ colorectal
 - ✓ head & neck
 - ✓ kidney
 - ✓ leukemia
 - ✓ lung
 - ✓ melanoma
 - ✓ multiple myeloma
 - ✓ ovarian
 - ✓ pancreatic



Tips for searching online

Anyone can share information online and individual opinions can be confusing, scary or unrealistic. These tips can help you find reliable, evidence-based information online:

- Search on trusted sites like those above
- See if the information is current (less than 5 years old)
- Check the credentials of the author (doctor, nurse, psychologist, or other professionals.)

Find more tips for 'Using the Internet to Find Information About Your Health' at <http://bit.ly/tipsonline2> (CANADA) - see the checklist on page 4

Alberta Health Services Knowledge Resource professionals have many websites they recommend at <https://krs.libguides.com/cancer/patientresources> (ALBERTA)



IMPORTANT: If you find information that is new or different than what you were told at the cancer centre, talk to your health care team. Your health care providers can help clarify or correct information and help relate information to your diagnosis and treatment.

Connecting with Others

It can help to connect with others.

Here are some options for people who have been diagnosed with cancer or their loved ones:

- Find resources, services or groups available through these Alberta Health Services cancer care teams:
 - **Psychosocial and Spiritual Resources in Edmonton**
780-643-4303
<http://bit.ly/psychosocialEdm>
 - **Psychosocial Oncology in Calgary:**
403-355-3207
<http://bit.ly/psychosocialCalg>
 - **Social Workers at the Regional Cancer Centres**

| | |
|---|--|
| Grande Prairie - Grande Prairie Cancer Centre 780-538-7588 | Lethbridge - Jack Ady Cancer Centre 403-388-6111 |
| Medicine Hat - Margery E. Yuill Cancer Centre 403-529-8000 | Red Deer - Central Alberta Cancer Centre 403-343-4422 |
 - **Community Oncology Social Work** – talk to your local health care provider about how to make an appointment with a social worker
- Wellspring for supports, groups and classes
 - Calgary at <https://wellspring.ca/wellspring-calgary/>
 - Edmonton at <https://wellspring.ca/edmonton/>
- Canadian Cancer Society
<http://www.cancer.ca/en/?region=ab#> (CANADA) - check out 'Support & Services' section
- Cancer Chat Canada offers web-based groups with Canadian health care professionals
<https://cancerchat.desouzainstitute.com/> (CANADA)
- Young Adult Cancer Canada with active 'localife' in Alberta
<http://www.youngadultcancer.ca/> (CANADA)

You can talk with your healthcare team about any questions, issues or challenges. These resources may also help.

Living Your Best with Advanced, Metastatic, Chronic or Non-curable Cancer

There are things that can **help improve your well-being**:

General information

- Living Your Best With and Beyond Cancer Videos – topics include physical activity, living well, brain fog, nutrition and others.
<https://myhealth.alberta.ca/Alberta/Pages/living-your-best-life.aspx> (ALBERTA)
- American Cancer Society <https://www.cancer.org/healthy.html> (USA)

Nutrition

- Find information and recipes by clicking the 'Oncology' tab on this website
<https://www.albertahealthservices.ca/nutrition/Page11115.aspx> (ALBERTA)
- Ask your health care provider about making an appointment with a Registered Dietitian
- The Canadian Cancer Society also has recipes under the 'Support & Services' tab
<http://www.cancer.ca/en/?region=ab> (CANADA)

Rehabilitation Specialists work to help you:

- improve your strength and movement
- adapt to changes in your body so you can be as safe and independent as possible
- manage symptoms
- improve talking and swallowing skills

→ **CancerControl Alberta offers rehabilitation support for cancer related issues. Ask your care team for a referral or call for more information**

| | Physiotherapy and Occupational Therapy | Speech Language and Swallowing |
|------------|--|---|
| Edmonton | 780-432-8716 | 780-432-8288 (no referral required) |
| Calgary | 403-698-8169 | 403-944-1256 (head and neck cancers only) |
| Red Deer | 403-406-1963 | 403-343-4628 |
| Lethbridge | 403-388-6846 physiotherapy only | |

Physical activity

- Find out more about the benefits of getting active and explore opportunities with Alberta Cancer Exercise - <https://www.albertacancerexercise.com/> (ALBERTA)
- Check out these 3 minute exercise videos: <https://myhealth.alberta.ca/Alberta/Pages/cancer-exercise-videos.aspx> (ALBERTA)

Cancer related fatigue — videos and a digital booklet

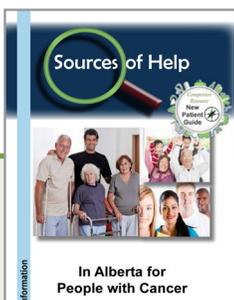
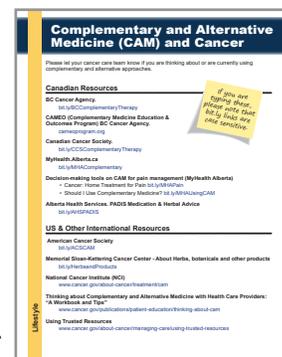
at <https://myhealth.alberta.ca/Alberta/Pages/cancer-fatigue.aspx> (ALBERTA)

Palliative Care - can help with physical, emotional, social, spiritual and practical concerns of living with cancer. The goal is to improve or maintain your quality of life while living with cancer. Palliative care can be an added layer of support for you and your family and can be appropriate at any age and at any stage of cancer. It can be provided along with treatment for the cancer or by itself. For more information:

- Talk to your health care team
- Get an appointment with a cancer care Psychologists or Social Worker (see previous page)
- Check out palliative care in Alberta including programs and services in your community <https://myhealth.alberta.ca/palliative-care> (ALBERTA)
- Explore Virtual Hospice www.virtualhospice.ca (CANADA) or www.chpca.net/ (CANADA) resources for people living with a life-limiting illness.
- Explore stories and wisdom from people of various cultures about living with serious illness, end of life and grief - <http://livingmyculture.ca/culture/> (CANADA)

Complementary and Alternative Therapies (CAM) – Talk to your oncologist or family doctor if you are thinking about using CAM or if you have any questions.

- <http://www.bccancer.bc.ca/health-info/coping-with-cancer/complementary-alternative-therapies> (CANADA)
- Ask for the 'Complementary and Alternative Medicine (CAM) and Cancer' resource sheet (ALBERTA)



For more resources look in **Sources of Help**

Get it from your Cancer Centre or online - <https://www.albertahealthservices.ca/assets/info/cca/if-cca-sources-of-help-in-alberta-for-people-with-cancer.pdf>

Practical Resources

Finances

- Speak with a Social Worker about options to help with financial concerns
- Ask your health care provider about speaking with a Drug Access Coordinator if you need help with:
 - the cost of medications
 - understanding what medications your health benefit plan covers
- Find out more about some of the financial programs:
 - Canadian Employment Insurance Sickness Benefit - <https://www.canada.ca/en/services/benefits/ei/ei-sickness.html> (CANADA)
 - The Canada Pension Plan Disability Benefit - <https://www.canada.ca/en/services/benefits/publicpensions.html> (CANADA) and click on 'Canada Pension Plan disability benefits'

Advance Care Planning resources, videos and practical tools
www.conversationsmatter.ca (ALBERTA)

Difficult conversations <https://www.speaksooner.org/>

Information for Family Members and Caregivers

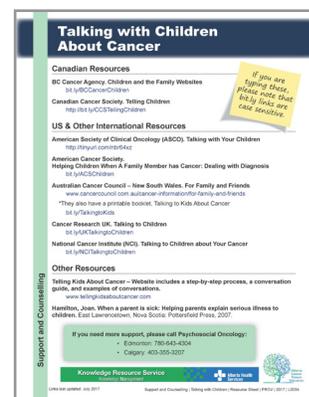
Family members or other loved ones have to deal with planning, everyday tasks, challenges and feelings when someone they love has cancer. These resources may help.

Caregiving

- Information, workshops and connections: <http://www.caregiversalberta.ca/> (ALBERTA)
- Find helpful community services (like snow removal): www.informalberta.ca or call 2-1-1 (ALBERTA)
- Providing care for a loved one at home: <http://stlazarus.ca/HCSF/> (CANADA)

Talking with children about cancer

- Ask your health care provider for the 'Talking with Children About Cancer' resource sheet
- Books can be a safe and meaningful way to introduce and learn complicated topics. Consider reading these books with young children:
 - "The Invisible String" by Patrice Karst
 - "The Rhino who Swallowed a Storm" by LeVar Burton
 - "Butterfly Kisses and Wishes on Wings" by Ellen McVicker
 - "My Adventures with Fox and Owl" by Sara Prins and Karen Janes



Other Alberta cancer care resources are available at your cancer centre or online www.cancercontrolalberta.ca.

Developed in collaboration with
Patient and Family Advisors

CancerControl Alberta
Leading care through compassion, courage, learning and discovery

