

Helping you along the
pathway to wellness
following a cancer
diagnosis, the Nurse
Navigator, Social Worker
and Aboriginal Navigator

Cancer and Supportive Care Clinic



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Social Worker,
Nurse Navigator
And
Aboriginal Navigator
Resources



NORTHUMBERLAND HILLS
HOSPITAL

Cancer and Supportive Care Clinic

Cancer often impacts more than just your physical health. You may find that it affects other areas of your, such as self-image, family relationships, work and friendships.

A Nurse Navigator and Social Worker are available to you at Northumberland Hills Hospital from cancer diagnosis and treatment to survivorship. For patients with Aboriginal cultural needs, an Aboriginal Navigator is available through the Central East Regional Cancer Program.

What is a Social Worker?

A Social Worker specializes in looking at your health from the perspective of physical, emotional, social and mental wellbeing.

- Counselling for anxiety, stress, relationships and emotional wellbeing

How Can a Social Worker Help Me?

- Advance care planning
- Connecting with community resources
- Accessing financial aid or transportation
- Support for caregivers

Some questions or concerns you might have...

I can't seem to shut my brain off and I am having trouble sleeping at night

I am concerned about my family; I don't want to worry them

What is a Nurse Navigator?

The Nurse Navigator's role is to work with you by connecting you with information and resources to help you make informed decisions about your care.

- Reduce anxiety about treatment by empowering patients and families with information

How Can a Nurse Navigator Help Me?

- A person to call for advice with questions, problems or decisions
- Educational resource for treatment options and help figuring out what comes next
- Providing resources in the community to assist with transportation, peer support, childcare, etc.
- Guidance to schedule appointments, procedures, tests, and treatment
- A liaison with doctors, to help identify and assist with concerns

How Can an Aboriginal Navigator Help Me?

- Connect with cultural and translation services
- Plan care that is focused on patient goals and wishes
- Support before, during and after appointments, including monthly Sharing Circles
- Answers to questions about care