Welcome to Cancer Care

...where you will be supported throughout your cancer treatment by a specialized team working together to try and keep you home, where you belong.
At Southeastern, we know you have a choice in your home care agency. We are pleased you have chosen our Specialized Oncology Program to enhance your cancer treatment. We pledge to work along with you and your Oncologist’s Team to provide you with compassionate, consistent and competent care.

**Supportive Services Available 24 Hours/Day**

**Oncology Specialized Skilled Nursing** — nurses who have undergone specialized training to provide you with care to help manage side effects and symptoms.

**Physical Therapy** — to help strengthen, restore function, improve mobility, relieve pain and prevent or limit permanent physical disabilities. Caregiver teaching.

**Occupational Therapy** — to help regain skills related to self care and activities of daily living.

**Social Worker** — to guide you through lifestyle changes and decision-making; assisting with social, practical and legal needs. Assists with connections to community resources.

**Home Health Aides** — to assist with bathing, dressing, grooming and prepare light meals.

**Pastoral and Spiritual Care** — to address spiritual and existential concerns; and provide support.
**Tips For Talking To Your Health Care Team**

**Write Things Down** – It will help you remember to ask questions and to remember the answers. We can provide a Monthly Planner with a “notes” section for important information; to help keep track of blood levels, appointments and such.

**Keep Track** – Notice any changes, write them down. Use the weekly counts column in the Monthly Planner section to chart your blood levels.

**Stay Organized** – Keep a journal. If you are too tired, ask your spouse, friend or caregiver. Bring it to all appointments.

**Be Informed** – Know your treatment plan. We will list all your medications for you; this list will be kept up-to-date in your Southeastern home folder.

**Ask Questions** – Don’t be afraid to talk to your doctor or nurse; he/she is committed to helping you.

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**Tips For Talking To Your Family**

*When you have cancer, everyone you love experiences the effects of cancer too.*

The cancer diagnosis and treatments can impact your whole family. Although you are the person going through cancer and treatments, those who love you will no doubt be affected emotionally. It may be a difficult time for them as well. By allowing them to help you, you are helping them as well.

**Ask For Help** – If it becomes difficult to handle normal activities—like chores, errands, meal preparation – ask for help.

**Be Specific** – Tell your family members exactly how they can help. For example “pick up my mail, water my plants, and help me to the bathroom.”

**Share Information** – Let your family members know what is going on. Ask someone to come with you to your appointments if possible.

**Be Honest** – If you’re too tired for visitors, tell them. If you’d rather have someone sit with you and hold your hand, tell them that too.
Questions To Ask Your Doctor

Talking to your doctor may seem overwhelming at first, so here are some questions to help you stay focused and that may be helpful for you to ask. To help you remember, bring a family member or friend – and take notes.

Q. What type and stage of cancer do I have?
Q. What treatments are available?
Q. How often will I receive treatments? Where will I receive them?
Q. What possible side effects may I expect? Now and later?
Q. What can I do to prepare for potential side effects?
Q. Are there treatments available that may help me to find relief from side effects?
Q. What side effects can become serious? When should I call my doctor?
Q. What do I need to know about my medications? My symptoms? My blood counts?

Again, we are committed to you! We will assist in any way that we can. If you have any questions or concerns with any aspect of your care, please contact us.

Your nurse is: ____________________________
Nurse’s office #: _________________________
Main Office Number: 1-866-285-2007 where you can speak with an Oncology Nurse 24 hours a day.