***The power of survivorship. The promise of quality care.***

KNOW YOURSELF

Your Cancer Care

It starts with a conversation

**Please fill out this worksheet.**

You can use it to talk about your wishes with your doctor and your family and as a guide to your cancer coaching/navigation sessions 

**MY HOPES**Through treatment, I hope for (examples: cure, control, comfort)

**MILESTONES AND GOALS**Milestones and goals that are important to me are (examples: graduations, weddings, retirement, trips)

**QUALITY OF LIFE**

**SIDE EFFECTS**

**CONCERNS** Other concerns I have about my cancer and treatment (examples: body image, fertility, emotional health, sexuality):

**SUPPORT** Does my family agree with and support my wishes? Do I need help communicating my wishes? The support I need from my family and caregivers is (examples: help on the day of treatment, managing side effects, cooking meals) 

When I finish my cancer treatments, I want to be able to… 

During treatment, I want to be able to 

I want to learn more about this type of treatment 

Side effects I am afraid of during treatment 

**DISCUSSION QUESTIONS** Indicate the questions you’d like to discuss and write down any other questions you have in the space provided for your medical team.

■ What kind of illness do I have?

■ Will it get worse or spread?

■ What are my treatment choices? Do they have side effects?

■ How long will it be before I know if the treatment is working?

■ What are my options, if treatment does not work?

■ What are the chances of completely curing my illness?

■ What are the survival rates? How long might someone with this illness live?

■ What are the costs of treatment? How much will I have to pay?

■ What will I be able to do on a daily basis?

■ What are the best and worst days going to be like?

■ What happens after treatment?

■ Are there services to help me or my family cope with this illness?

**ADDITIONAL QUESTIONS:**

The questions below may or may not apply to you, we know that many patients and their doctors often have a hard time talking about them. If you are worried about any of these issues, please check the boxes below:

■ How long am I likely to live?

■ Who can I talk to about the kind of medical care I want if there comes a time when I am no longer able to speak for myself?

■ Who can speak for my wishes and me if I cannot?

■ How do I get my affairs in order and write a will?