

5 Helpful Steps to Take When You Find Out You Have Cancer

1. Think about how you want to use your time and energy.

- ♥ This helps you make choices and plans.

2. Get organized.

- ♥ If you work, ask your HR department for a copy of your benefits.
- ♥ Get copies of your full disability and health insurance policies (specifically ask for the full insurance policy, not just the summary, to prepare for any future issues.)
- ♥ Keep a journal of each appointment and phone call about your care. Note who was there, what was discussed, and any important details.

3. Create a support system.

- ♥ When friends and family offer help, let them assist you.
- ♥ They can come with you to appointments, take notes, and manage paperwork like treatment details and bills.

4. It's okay to ask for help when you have questions.

- ♥ Your medical team can help with health questions.
- ♥ For other questions, talk to your HR or benefits person at work, a union steward, a social worker at your hospital or clinic, or a clergy member.
- ♥ You're not alone, and many people can help you find answers.
- ♥ Social workers at your clinic are a good source for information on community resources and can assist with financial grant applications.

5. Talk with your loved ones about your wishes.

- ♥ Fill out a health care directive form to make your preferences clear.
- ♥ Make sure that your loved ones know where important documents, such as your health care directive, will, and power of attorney, are located.



Cancer Legal Care
ADVOCATES on your CARE TEAM