# Needs Assessment Tool – Patients & Families [NAT-P&F]

The topics below are often a concern for people with cancer and those close to them. Section 1 is for patients to assess their levels of concern about a range of issues. It can be completed on their own or with the help of a family member or friend. Section 2 is for caregivers, friends or family to assess their own levels of concern.

Please indicate how concerned you are now about each issue, by placing a tick in the appropriate column (Level of Concern).

Indicate with a second tick whether you need to discuss the issue with your doctor or other health professional (eg, cancer care coordinator) or whether you would like to address this concern yourself (Actions).

The last column indicates where in Life, Hope and Reality you may find resources to help you address the specific issue.

Take the completed Needs Assessment Tool (NAT-P & F) with you to your next doctor’s appointment. You can use it as a prompt to raise and discuss your concerns.

<table>
<thead>
<tr>
<th>Section 1: For the person with cancer</th>
<th>Level of Concern</th>
<th>Actions</th>
<th>Read more in Life, Hope &amp; Reality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Symptoms Cont.</td>
<td></td>
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<tr>
<td>Knowing more about which physical symptoms should I expect</td>
<td></td>
<td></td>
<td>Chapter 1</td>
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<tr>
<td>Carrying out normal daily living activities (eg. walking, getting out of a chair)</td>
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<td>Chapter 1</td>
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<tr>
<td>Determining availability of other treatments</td>
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<td>Chapter 1</td>
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<tr>
<td>My time spent travelling to hospitals and waiting around for appointments</td>
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<td>Chapter 1</td>
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<tr>
<td>Getting more information about my physical needs and where to go to obtain the care I need</td>
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<td>Chapter 1</td>
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<tr>
<td>Emotional Needs</td>
<td></td>
<td></td>
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<tr>
<td>Identifying and managing feelings of anxiety, depression, sadness, regret or anger</td>
<td></td>
<td></td>
<td>Chapter 2 and Emotion Thermometers (p133)</td>
</tr>
<tr>
<td>Trying to maintain hope or finding meaning in my life</td>
<td></td>
<td></td>
<td>Chapter 2 and Helpless/ Hopeless and Fighting Spirit Scales (p135)</td>
</tr>
<tr>
<td>Dealing with changes in sexual feelings or intimate relationships</td>
<td></td>
<td></td>
<td>Chapter 2</td>
</tr>
<tr>
<td>Dealing with feelings of being unworthy</td>
<td></td>
<td></td>
<td>Chapter 2</td>
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<tr>
<td>Thinking unclearly or changes in my level of awareness</td>
<td></td>
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<td>Chapter 2</td>
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</tbody>
</table>
### Section 1: For the person with cancer

<table>
<thead>
<tr>
<th>Level of Concern</th>
<th>Actions</th>
<th>Read more in Life, Hope &amp; Reality</th>
</tr>
</thead>
<tbody>
<tr>
<td>None/minor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Some</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A lot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discuss with doctor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Address concern myself</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Emotional Needs Cont

Accessing health professionals that can help me with my emotional needs

Chapter 2

#### Social Needs

My current social support network

Chapter 3

My relationship with my partner and family

Chapter 3

Communicating well about important issues between me and members of my family

Chapter 3

Communicating well with my health professionals

Chapter 3

Conflicting beliefs between my current health care and my way of life or customs

Chapter 3

Overcoming language barriers

Chapter 3

My spirituality and finding meaning in my life

Chapter 3

#### Lifestyle

Losing or gaining weight

Chapter 4

Increasing my level of exercise

Chapter 4

Balancing work and my current health

Chapter 4

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### Finances

My financial situation or legal issues

Chapter 5

### End of Life

Developing an advance care directive or “living will”

Chapter 6

My feelings about death and dying

Chapter 6

Making plans for the future or making other decisions

Chapter 6

### The person who cares for you

Being a burden to loved ones

Chapter 7

Accessing support for those in my family or friends caring for me

Chapter 7

### Palliative care

Knowing when palliative care is appropriate for me

Chapter 8

Knowing which cancer specialist to see to obtain palliative care

Chapter 8

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**Other topics of concern? Please list here and discuss with health professionals:**

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