

DATE COMPLETED: \_ \_ \_

Section 2: For Caregivers, family members or friends	Level of Concern			Actions		
	None/ minor	Some	A lot	Discuss with doctor	Address concern myself	Read more in <i>Life, Hope &amp; Reality</i>
<b>How concerned are you NOW about</b>						
Finding general information about cancer						<b>Introduction</b>
<b>Patient's Physical Symptoms</b>						
Knowing the physical symptoms that the person with cancer may experience						<b>Chapter 1 and Symptom Distress Scale (p124) Fatigue Scale (p126) Pain Assessment Tool (p130)</b>
Knowing the extent to which I can help the person with cancer with managing physical symptoms.						<b>Chapter 1</b>
Knowing the extent to which I can help the person with cancer in performing daily living activities						<b>Chapter 1 Chapter 7</b>
Providing physical care to the person with cancer requires						<b>Chapter 1 Chapter 7</b>
The difficulty the person with cancer is having looking after him/herself						<b>Chapter 1 Chapter 7</b>
Determining availability of other treatments						<b>Chapter 1</b>
My time spent travelling to hospitals and waiting around for appointments						<b>Chapter 1</b>
Getting more information about the physical needs of the person with cancer and where to go to obtain the care needed						<b>Chapter 1</b>

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<b>Patient's Emotional Needs</b>						
Identifying and managing the feelings and emotional issues the person with cancer may be experiencing (eg. anxiety, depression)						<b>Chapter 2 Emotion Thermometers (p133) Helpless/ Hopeless and Fighting Spirit Scales (p135)</b>
Identifying and managing the feelings and emotional issues I am experiencing (eg. anxiety, depression)						<b>Chapter 2 Emotion Thermometers (p133) Helpless/ Hopeless and Fighting Spirit Scales (p135)</b>
Maintaining or instilling hope in the person with cancer and myself						<b>Chapter 2 Helpless/ Hopeless and Fighting Spirit Scales (p135)</b>
Dealing with changes in the person with cancer's sexual feelings						<b>Chapter 2</b>
Dealing with changes in my intimate relationship with the person with cancer						<b>Chapter 2</b>
Maintaining the person with cancer's sense of worthiness						<b>Chapter 2</b>
Managing impaired thinking and changes in awareness the person with cancer may be experiencing						<b>Chapter 2</b>
Accessing health professionals that can help the person with cancer and me with emotional needs						<b>Chapter 2</b>

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<b>Social Needs</b>						
My current social support network						Chapter 3
My relationship with the person with cancer						Chapter 3
Communicating well with the person with cancer						Chapter 3
Communicating well with 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
<b>Lifestyle</b>						
Helping the person with cancer maintain a healthy lifestyle						Chapter 4
Obtaining resources so I can maintain a healthy life myself						Chapter 4 Chapter 7
Maintaining the person with cancer's work						Chapter 4
Obtaining resources so I can continue to work						Chapter 4 Chapter 7
<b>Finances</b>						
My financial situation or legal issues that are upsetting me or that require assistance						Chapter 5
<b>End of Life</b>						
Helping the person with cancer to develop an advance care directive or "living will"						Chapter 6

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<b>End of Life Cont</b>						
My feelings about death and dying						Chapter 6
Making plans for the future or making other decisions						Chapter 6
<b>Implications of caring for a person diagnosed with cancer</b>						
Providing the help and support that the person with cancer requires						Chapter 7
Accessing information relevant to my own needs as a caregiver from relevant support services						Chapter 7
Taking the break I need						Chapter 7
My illnesses or injuries that make it difficult for me to care for the person with cancer						Chapter 7
Feeling burnt out by my care giving role						Chapter 7
Support for my family or friends caring for me						Chapter 7
<b>Palliative Care</b>						
Knowing when palliative care is appropriate for me to care for the person with cancer						Chapter 8
Knowing which cancer specialist the person with cancer should see to obtain palliative care						Chapter 8

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

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