



YOUR CHECKLIST

– communicating your needs

Healthcare that provides good information is very important, but most importantly is that you get answers to the questions that matter to you. Only you know what questions you need to have answered, which is why we don't offer any examples in the checklist on the next page. Remember that it is about YOUR cancer journey and YOUR life – so there are no stupid questions! On top of that, it is incredibly important that healthcare gets information about you.

It could, for example, be about drawing attention to:

- That you are facing important life events or milestones in your life. It can be possible to adapt treatments so that they interfere as little as possible with your plans.
- That you are planning to become a parent and need to know how your cancer journey affects that.
- That you, for one reason or another, lack or have a limited network of significant others.
- That you have elderly parents that are affected by your cancer journey.
- That you have with you vulnerability from earlier in life that can affect your cancer journey.
- That you have children near you that will also be affected by your cancer journey.
- At www.1177.se/cancer there are lists with suggestions of questions to ask when visiting doctors and nurses.



TOGETHER WE CAN MAKE THE CANCER JOURNEY MORE EASILY NAVIGATED

– www.thecancerjourney.se

During our work with “The involuntary traveller” we have encountered the commitment and ingenuity of those affected by cancer. That also led to thoughts regarding what genuine patient and significant others’ influence is about:

As a person affected by cancer you are a specialist in yourself and the needs you have. You also have the “travellers” perspective and thus a unique competence for what can improve the journey that those affected by cancer must undertake. It really should be you who tell healthcare and society how things should be and function. At the same time, it is our experience that this is rarely the case, and that this competence is not properly harnessed within research, healthcare development and societal planning.

Together we can change that!

We believe that there is an abundance of good ideas “out there” – ideas that can shape projects – projects that can make the cancer journey more easily navigated for everyone involved. “The involuntary traveller” is the beginning of a project to actively harness your, and others affected by cancer, experiences, ideas and commitment.

The website www.thecancerjourney.se constitutes the bud of this project and there you can:

- Find forms and other material pertaining to the book.
- Reconnect with what you think about the book, good and bad, and discuss and give suggestions for support, services and functions.
- Support and participate in projects that is pushing development of the cancer journey from the perspective of those affected by cancer.

We warmly welcome you to influence and work together with us!