

Coping with Gynecological Cancer



UHN

Patient Resource Guide

Patient Education
Improving Health Through Education

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Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

How this guide can help you

Finding out you have cancer is scary and sometimes overwhelming.

You need information to help you make decisions. Information will also help you become actively involved in your treatment.

Your doctors will tell you about the best available treatments. You will also have a health care team: a doctor, a nurse, a pharmacist, a dietitian, a physical therapist, an occupational therapist, a social worker, and a chaplain. Together, they will answer your questions and give support to you and your family/caregivers.

There are many services you can use at Princess Margaret Hospital and in your community. This guide will help you find them. The guide is organized into sections based on commonly-asked questions. At the end of the guide, you'll find an index. The index lists all the organizations found in this guide in alphabetical order and where to find them in this guide.

You might have more questions as you go through your treatment. Your health care team will be happy to answer them.

Coping with Gynecological Cancer

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Where can I find information about my type of cancer and treatment?

◆ Princess Margaret Hospital

Patient & Family Library (no fee)

Main floor atrium

416-946-4501 ext. 5383

The Patient & Family Library is here to help you and your family find reliable, up-to-date and accurate information about cancer to help you make educated health decisions, maintain healthy behaviours and better cope with your diagnosis and treatment. The library has books, videos, and pamphlets. A Librarian is available to search for specific health information for you.

Patient Education Website (no fee)

www.uhnpatienteducation.ca

Email: patienteducationpmh@uhn.on.ca

The Patient Education website tells you about hospital events and programs. It lists all the cancer brochures you can pick up at the Patient & Family Resource Centre.

You can also use the website to look for more information on the Internet.

◆ Cancer Information Service (Canadian Cancer Society) (no fee)

328 Mountain Park Avenue, 3rd floor

Hamilton, ON L8V 4X2

1-888-939-3333

www.cancer.ca

A toll-free telephone information service (in English or French). You can ask about any type of cancer and find out about community resources. They have written information they can mail to you free of charge. If you go to their website, you will find information on cancer, new treatments, current research and clinical trials. This website also provides a link to the National Cancer Institute of Canada's database (<http://www.ncic.cancer.ca/>) which provides additional information on cancer and research.

◆ **Ovarian Cancer Canada**

620 University Avenue
Toronto, ON M5G-2L7
416-971-9800
www.ovariancanada.org

This national organization will assist women with ovarian cancer to connect with support services for their area. OCC publishes newsletters, books and have additional resources information on videos that you may find helpful. Call for information about their programs.

◆ **National Ovarian Cancer Coalition (NOCC)**

500 NE Spanish Rivers Blvd. Suite 14
Boca Raton, FL 33431
+1-561-393-005 or Toll Free 1-888-OVARIAN
www.ovarian.org

Provides complete and accurate information regarding ovarian cancer to patients and health care professionals.

◆ **Women's Cancer Network (WCN)**

c/o Gynecologic Cancer Foundation
230W Monroe, Suite 2528
Chicago, IL 60606
312-578-1439
www.wcn.org

The WCN mission is to assist women who have developed cancer, as well as their families, to understand more about the disease, learn about treatment options and gain access to new or experimental therapies.

◆ **Consumer Health and Information Service (no fee)**

416-393-7131
<http://chis.wikidot.com/>

This service is run by the Toronto Public Library. You can call them to get up-to-date information on cancer and other health issues.

◆ **Wellspring** (no fee)

1-877-499-9904

Email: feedback@wellspring.ca

www.wellspring.ca

There are 5 Wellspring support centres in Ontario. They run discussions on cancer topics that you and your family/caregivers can attend. You can also borrow from their libraries. Wellspring also has support groups for individuals coping with a gynecologic cancer. Call 416-961-1928 for information on this group.

Where can I find out about services for people with cancer?

◆ **Princess Margaret Hospital**

Psychosocial Oncology and Palliative Care (no fee)

16th Floor, Rm. 718

416-946-4525

They have social workers who can give you information and support. They can also tell you about hospital services, community resources, and government programs. They have application forms and booklets on:

- how you and your family/caregivers can cope
- government income support programs
- places you can stay while you're getting cancer treatment
- help with transportation
- help with child care
- home support (nursing agencies, Meals on Wheels, etc.)
- other levels of cancer care (like rehabilitation, long term care, palliative care, respite for caregivers)

- legal information (Power of Attorney kits, Living Wills)
- parking lot rates

◆ **Community Information Ontario** (no fee)

www.211Ontario.ca

211Ontario.ca is your connection to information about community, social, health and government services in Ontario. This website provides you with accurate and up-to-date information about child care, language classes, job searches, housing, emergency shelters, services for persons with disabilities, home support, legal assistance, financial assistance and much more.

For contact information for community information services outside of Toronto, see page 32.

How will I cope?

A diagnosis of cancer can bring many emotions. It's normal to feel:

Fear

When you think your life is threatened, sometimes you imagine the worst. You might be afraid of being sick and in pain. You might be afraid of dying.

Sadness

Cancer means many losses. You lose your sense of being healthy and of controlling what happens to you. You lose your idea of what your life was going to be like. These losses bring feelings of sadness.

Anger

If you think your hopes and plans have been wrecked, you will probably feel angry. You may feel angry at the unfairness of cancer, or at fate, or maybe at yourself. You might feel angry at your healthcare team for giving you bad news.

Numbness (no feelings)

You might also feel nothing. This is a way of protecting yourself from overwhelming feelings. It's a normal reaction to being diagnosed with cancer. But if you keep feeling this way, you might need some extra help from a social worker, psychiatrist, psychologist or support group.

Here a few things you can do to help yourself right now:

- **Ask for support**

Share your feelings with others. When you are in shock from the diagnosis, talking is good. Talking will also help you make medical decisions and get through your treatment. Think of at least one person you can talk to. This person can be your supporter--someone who listens to you and helps you understand what's happening. Your supporter could be your wife/husband, partner, friend, sibling, parent, someone from your community or a health care worker.

- **Take some time for yourself**

Closeness with others is important now. But you might also need some time alone to focus on yourself and your feelings.

Here are some places to go for support:

- ◆ **Princess Margaret Hospital**

Psychosocial Oncology and Palliative Care (no fee)

16th Floor, Room 718

416-946-4525

We have a team of professionals that includes social workers, psychologists, psychiatrists and chaplaincy. We're here to help you and your family cope. You can talk with us about:

- how to handle your cancer diagnosis
- dealing with all the changes in your life
- being in the hospital and going through treatment

- coping with family problems
- dealing with feelings of loss and sadness

Call us to make an appointment.

The Healing Journey (fee)

416-946-2062

www.healingjourney.ca

This is an educational program for cancer patients and family members. The courses help you deal with the stress of cancer and cancer treatment. You learn coping and healing skills. The courses are led by Dr. Alastair Cunningham, a psychologist, mind-body researcher, and cancer survivor. You need to register and pay a fee.

Relaxation Training (no fee)

Occupational Therapy

416-946-4501 Ext. 5580

You meet with us one-on-one. We talk about how you and your family members can manage stress while you are having treatment. Ask your doctor to arrange an appointment. If your first language is not English, we can get an interpreter for you.

Group Relaxation Training (no fee)

Pencer Centre, 18th Floor

(416) 946-4501 Ext. 5580

Held every Wednesday at 1:00 p.m., this is a group that helps you learn relaxation skills and techniques. Patients' family members and friends welcome.

Managing Your Cancer Journey (no fee)

Presented by Dr. Robert Buckman

Toronto General Hospital

ELLICSR Library, Basement, BCS021

(416) 946-4501 ext. 5090

This program consists of two classes:

1. Balancing Life with Cancer, and
2. Medical Information I Need to Know

These classes will help you find answers to the questions you would like to know about cancer and you will have the opportunity to have your specific questions answered by Dr. Robert Buckman, Medical Oncologist. Check the Patient & Survivorship Education Calendar of Events for times and locations (available at the Patient & Family Library).

Surviving and Thriving (no fee)

Presented by Dr. Robert Buckman

Toronto General Hospital,

ELLICSR Library, Basement, BCS021

This informal group session is hosted by Dr. Buckman. He will discuss why the word cancer is so frightening and how you can understand and cope with your fears. Check the Patient & Survivorship Education Calendar of Events for times and locations.

Caring Voices (no fee)

www.caringvoices.ca

Caring Voices is a free, online community or social networking web site for cancer patients across Canada. It is similar to other online communities such as Facebook or MySpace and using the site you can build relationships with other patients; learn from each other's experiences and provide each other with support. You can also talk to health care providers and specialists in your community and across the country. Please go to the site to see more details and the calendar of events.

Caring Voices also has a Gynecologic Cancer Community where you can connect with other survivors of gynecologic cancers.

◆ **Canadian Cancer Society** (no fee)

Toronto Region

20 Holly Street, suite 200

Toronto, ON M4S 3B1

416-440-3330; outside of Toronto, 416-488-5400

1-888-939-3333

www.cancer.ca

Group Support

The Cancer Society runs self-help groups for cancer patients, their families and friends. They give you emotional support and practical help. The groups meet at three different locations in Metro Toronto. Call to get the locations and meeting times.

One-on-One Support

In some areas, you can also get a visit from someone who will give you personal support. Call the Cancer Society to see if the unit closest to you offers this kind of support.

Cancer Connection - Peer Support Program

Anywhere in Ontario, you can be matched with someone who can talk with you over the phone. These people are trained volunteers who have been through a cancer experience like yours. The phone calls are completely private. Call 1-800-263-6750 to find out more.

◆ **Wellspring** (no fee)

1-877-499-9904

Email: feedback@wellspring.ca

www.wellspring.ca

Wellspring has free programs and services for cancer patients and their families. They run support groups for patients, for patients together with their families/caregivers, and for parents of young cancer patients. They also run workshops on topics like spirituality, relaxation, art therapy, music therapy, yoga, Reiki, Qi Gong, etc. You need to register for some of their programs. Call for more information.

Wellspring Gynecologic Support Group:

This group meets once a month. You can meet other people with a gynecologic cancer and talk about your diagnosis, your treatment, and your fears and concerns. The meetings take place at the Coach House (416-961-1928) and Sunnybrook (416-480-4440) locations of Wellspring. Call to register.

Wellspring locations:**The Coach House**

81 Wellesley Street East
Toronto, ON M4Y 1H6
416-961-1928

Sunnybrook and Women's College

Health Sciences Centre
2075 Bayview Avenue
Toronto, ON M4N 3M5
416-480-4440

Halton-Peel

2545 Sixth Line
Oakville, ON L6J 4Z4
905-257-1988

London and Region

231 Hyman Street
London, ON N6A 1N6
519-438-7379

Niagara

3250 Schmon Parkway, Unit #3
Thorold, ON L2V 4Y6
905-684-7619 or toll-free
1-888-707-1277

◆ Gilda's Club (no fee)

110 Lombard Street
Toronto, ON M5C 1M3
416-214-9898

www.gildasclubtoronto.org

Gilda's club is for people with cancer and their families/friends. Its services include support groups, workshops, lectures, social activities, stress management workshops, and a magical room ("Noogieland") for children. You have to register for some of these services. You can drop in for others. Call for more information.

- ◆ **Wellwood** (no fee)
Resource Centre of Hamilton
711 Concession Street
Hamilton, ON L8V 1C3
905-389-5884
www.wellwood.on.ca

Wellwood is a community-based organization that gives information and support to cancer patients, their families/caregivers and health-care providers. Their programs are free. They include a cancer education series, support groups and classes on coping skills (yoga, Tai Chi, therapeutic touch, meditation, etc.). Wellwood also has a lending library. Call for more information.

- ◆ **Hearth Place** (no fee)
86 Colborne Street West
Oshawa, ON L1G 1L7
905-579-4833
www.hearthplace.org

Hearth Place is a support centre for cancer patients and their families/caregivers. Its programs are free. They include: cancer education, peer support, art therapy, journaling, therapeutic touch, and "Look Good Feel Better" workshops.

- ◆ **Willow Breast Cancer Support Centre – In Our Genes**
1-888-778-3100
www.inourgenes.ca

As well as supporting women with breast cancer Willow connects you to groups supporting women who have been diagnosed with the hereditary BRAC1 and BRAC2 gene mutation for breast and ovarian cancer. Groups are held in Toronto, Oshawa and Vaughan. Please go to the website for more information or call the above number.

◆ **Counselling on Relationship and Family Problems**

These organizations counsel individuals, couples and families. Some can speak to you in languages other than English. You can have appointments in the evening or during the day. To be matched with a counsellor or get information about fees, call the location nearest you.

Family Services Association of Ontario (fee)
355 Church Street
Toronto, ON M5B 1Z8
416-595-9230

York Community Services (fee)
1651 Keele Street
Toronto, ON M6M 3W2
416-653-5400

COSTI Family Counselling Centre
(fee)
700 Caledonia Road
Toronto, ON M6B 4H9
416-789-7925

◆ **Other Counselling Resources**

To get information on other counselling services not listed here, call 211 to be connected to the Ontario Information Centre or get in touch with your local community information centre (see pages 32-33 of this guide). If English is not your first language, there are several community counselling agencies that provide service in languages other than English. A pamphlet called "Counselling Services in Languages other than English" is available through Psychosocial Oncology, Princess Margaret Hospital.

What if cancer changes my appearance?

◆ **Princess Margaret Hospital: Look Good...Feel Better Program** (no fee)

3rd floor, room 642

416-946-2075

www.lgfb.ca

This program teaches women living with cancer how to use make-up and hair alternatives (wigs, scarves, etc.) to deal with some of the side effects of chemotherapy and radiation treatments. The workshops are free. They are 2 hours long and are held Wednesday mornings and Thursday afternoons. Call to register. The program is sponsored by the member companies of the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA).

What if I lose my hair?

◆ **Princess Margaret Hospital**

Psychosocial Oncology and Palliative Care Wigs/Headwear List (no fee)

16th Floor, Room 718

416-946-4525

This list provides information on where to obtain wigs and headwear for patients receiving or planning to receive chemotherapy treatment. Suggestions for coping with temporary hair loss are provided. This service is offered in English only.

Volunteer Resources Department: The PMH Wig Salon (fee)

3rd floor, room 642

416-946-6596

At the PMH Wig Salon, you'll learn everything you need to know about wigs. You can have a free, private consultation with a wig specialist about the colour and style that are

right for you. We have a large selection of wigs and headwear accessories for sale at affordable prices. Call for an appointment. We speak English and Italian.

The Princess Margaret Hospital Lodge Wig Boutique (no fee)

545 Jarvis Street

Toronto, ON M4Y 2H8

416-413-7412

www.pmhlodge.org

A volunteer-run program that offers free attractive wigs, turbans, and other head coverings to people who have lost hair from cancer treatment. Call for an appointment. Evening appointments are sometimes available.

Where can I get financial help?

During your illness, you might be able to get financial help from private work-related benefits and government programs. These programs usually cover basic necessities only and will not likely match your present income.

If you need more information, read **Coping with Cancer: Income Assistance**. This free booklet is available at Princess Margaret Hospital, outside the offices of Psychosocial Oncology and Palliative Care on the 16th Floor, 718 and at the Patient & Family Library on the main floor. The booklet includes the locations of Toronto offices for these government programs. You can also find these locations listed in the blue pages of the phone book.

Where can I get help to pay for prescription drugs?

You might have to take medication as part of your treatment. The costs of medication can be very high. You can get help to pay for your prescriptions from these programs.

If you need more information, you can pick up a booklet called **Drug Coverage Programs Available to Cancer Patients** from outside the offices of Psychosocial Oncology and Palliative

Care (on the 16th floor of Princess Margaret Hospital, room 718) and at the Patient & Family Library on the main floor.

What if I need help getting to my medical appointments?

Patients living with cancer often have many medical appointments. These organizations can help you get to and from your appointments. Most of them (except for the CCS) charge a fee.

◆ **Canadian Cancer Society (CCS) (no fee)**

1-888-939-3333

www.cancer.ca

The CCS provides free transportation to and from treatment centres in Ontario. Volunteers run the service. You need to book the service at least 4 days before your appointment. You can find your local CCS unit by calling the number above.

◆ **Canadian Red Cross Society (fee)**

1-877-260-9673

www.redcross.ca

You can use the Society's van service or have a volunteer driver take you to and from your appointments. The amount you pay depends on your financial situation. Call the above number to find the office closest to you.

◆ **Wheelchair Taxi Services (fee)**

These companies usually have fee schedules that can range from \$30-\$40 each way. Fees are subject to change so call first to confirm.

Beck Taxi	416-751-5555
Celebrity Taxi	416-398-2222
Rapid City Transport	416-266-1500
Royal Taxi	416-746-7411

◆ **Non-Emergency Ambulance Services** (fee)

These are private ambulance services that you have to pay for. If you are staying inside Toronto, the cost is \$85.00 - \$145.00 one way. If you are going outside of Toronto, the cost is based on the number of kilometres you travel. The costs can change, so call to check.

Ambutrans
416-496-2444
\$85-\$125/way (inside G.T.A.)

Metro Patient Transfer Services
416-759-2709
\$85/way (inside G.T.A.)

Metro Ambulance
416-638-7301
\$45 each way

Paladin Medical Transfer
416-741-9886
\$115/way (inside G.T.A.)

Canadian Medical Response
416-751-5442
\$145/way (inside G.T.A.)

TransCare
1-888-880-2144
\$95+\$2/km (They cover G.T.A. and southwestern Ontario.)

Fox Flight (ground ambulance)
416-203-3433 or 1-888-664-8888
minimum charge \$400 (They cover G.T.A., Ontario and the U.S.)

◆ **TTC WheelTrans** (fee)

416-393-4111

www.ttc.ca

The Toronto Transit Commission runs this service for people who can't get on public transit vehicles and/or have to use canes, walkers or wheelchairs to get around. The cost is regular TTC fare. The service operates within Metro Toronto. You have to be interviewed to see if you are eligible to use the service. Call the above number to schedule an interview.

Interview locations:

Downtown: Metro Hall, 55 John St.

North York: North York Central Library, 5120 Yonge St. (at Sheppard Ave.)

Etobicoke: Richview Library, 1806 Islington Ave. (at Eglinton Ave.)

Scarborough: Morningside Library, 255 Morningside Dr. (Lawrence & Kingston)

◆ **Outside Metro Toronto Assisted Public Transportation Services (fee)**

Durham Transit Authority

905-683-4114

Specialized Services

www.durhamregiontransit.com

Transhelp

905-791-1015

Region of Peel

www.region.peel.on.ca/transhlp/

Barrie Accessible Community

Transportation Services (BACTS)

705-739-4209

www.barrie.ca/btransit

YRT Mobility Plus

905-762-2112 or 1-866-744-1119

Aurora, East Gwillimbury, King,
Markham, Newmarket, Richmond
Hill, Vaughan,

Whitchurch-Stouffville

www.yorkregiontransit.com

Oakville Care-A-Van

905-815-2020

www.oakvilletransit.com

◆ **Other resources**

A few other community organizations also offer transportation by volunteer drivers. Some charge a fee and need a few days notice. Contact your local Community Care Access Centre for information on the organizations in your area (see page 22 of this guide). You can also call 211 for information about Ontario communities (or see page 32 of this guide).

How will I stay in touch with people when I'm in the hospital?

◆ **University Health Network, Princess Margaret Hospital TLContact** (no fee)

Communicate with your loved ones on-line

1-888-852-5521

<http://tlcontact.com/>

This is an easy way to keep people informed and receive messages of support. You and your family can have your own interactive Web page. You can use your UHN "CarePage" to post updates for family and friends; they can use it to write you messages and read the messages others have sent. This service is free and is funded by The Princess Margaret Hospital Foundation and Toronto General & Western Hospital Foundation.

Visit <http://tlcontact.com>, where you can register to "Create a CarePage." Follow a few simple steps and then invite your family and friends to visit your page for news and updates. You give them an access code that all visitors to your site will need.

◆ **CaringBridge**

Communicate with your loved ones on-line

<http://www.caringbridge.org>

The CaringBridge website gives people experiencing a significant health challenge a way to connect with family and friends. It offers websites for personal and private space to communicate and show support.

Where can I park?

◆ **Disabled Parking Permits** (no fee)

1-800-387-3445

<http://www.mto.gov.on.ca/english/dandv/vehicle/app.shtml>

You should apply for a Disabled Parking Permit if you can't walk more than 200 metres. The permit lets you park in handicapped spots and use street parking without charge. To get an application, contact the Ontario Ministry of Transportation or ask your hospital

social worker. You need to fill out section 1 of the application; your doctor fills out section 2. The application is then mailed to: Ministry of Transportation, P.O. Box 9800 Kingston, ON K7L 5N8.

◆ **Parking Lots (fee)**

If you are visiting the hospital several times a week you might want to buy a monthly parking pass. These parking lots are within walking distance of Princess Margaret Hospital. Their prices and options may have changed, so always check with them.

Princess Margaret Hospital

Murray St. (W. of University Ave.,
between College St. & Elm St.)
416-595-7136
\$18 max/day (after 9:00am)
\$12 max/day (before 5:00am until 9:00pm)
\$4.50 per half hour or less
\$6 Saturday/Sunday/holidays
\$6 flat rate after 6pm
\$160 monthly rate + \$25 deposit

Mount Sinai Hospital

Murray St. (W of University Ave.,
between College St. & Elm St.)
416-979-3232
\$18 max/day (after 9:00am)
\$12 max/day (enter before 5:00am,
exit before 8:30pm)
\$4.50 per half hour or less
\$6 Saturday/Sunday/holiday
\$6 flat rate after 6pm
\$166 monthly rate (tax included)

Toronto General Hospital

Elizabeth St. (E. of University Ave.,
between College St. & Gerrard St.)
416-595-7136
\$21.50 max/day (7am-7pm)
\$7.50 evenings after 6:00pm (Mon.-Sat.)
\$4 per half hour
\$7.50 Sunday flat rate

Hospital For Sick Children

Elm St. and Elizabeth St.
(Northwest corner)
416-813-1500 (5445)
\$30 max/day
\$4 per hour
\$6.50 flat rate evenings,
weekends, holidays

What if I need help at home?

◆ **Community Care Access Centre (CCAC) (no fee)**

Home Care Program

416-750-1720

www.ccac-ont.ca

This provincial government program helps people live independently at home. First you have an assessment with a CCAC co-coordinator. The co-coordinator talks to you, your family, and your doctor to see what your needs are. The interview can take place in your home, over the phone, or in the hospital before you are discharged.

You can contact your nearest CCAC yourself to ask for this assessment interview or a member of your health care team will make a referral for services.

Your nearest CCAC office can also give you information on other community services, such as Meals on Wheels, transportation, and supportive housing.

Local CCAC offices:

Toronto	416-310-2222	North York	416-222-2241
Durham Region	1-800-668-5835	Peel Region	905-796-0040
East York	416-423-3559	Scarborough	416-750-2444
Etobicoke	416-626-2222	York (City of)	1-888-470-2222

Contact the Ontario Association of CCAC to find the CCAC centre in your community if it's not listed above: 416-750-1720

◆ **Other Home Support Resources:**

Nursing Agencies (fee)

Nursing agencies provide professional services including nursing, occupational therapy, physiotherapy, speech and language therapy, and massage therapy.

You might want to use an agency to add to the hours of nursing care you are getting

under the CCAC Home Care Program. If you have a private insurance plan, check your extended health benefits. Your plan might cover the services of a nursing agency.

Homemaking Agencies (fee)

Homemaking agencies provide services like cleaning, shopping, personal care (bathing, dressing, grooming), and help with meal preparation. You might want to use a homemaking agency to add to the personal care hours you are getting under the CCAC Home Care Program.

Meals on Wheels (fee)

Meals on Wheels delivers frozen or hot meals to seniors and people who can't prepare their own meals. If you have a special diet, they can still provide your food as long as you have a note from your doctor. Their fees are low.

Personal Medical Alarm and Telephone Systems (fee)

These agencies sell emergency response systems. The systems let you ask for help right away in an emergency situation. To find out more about these systems, call any of the agencies below.

First Call	416-322-7781
Homelink Response Systems	905-764-8187
Life Call	1-800-661-5433
Lifeline	1-800-543-3546

To find the home support agencies and programs that are in your area, you can:

- ask your social worker;
- contact your CCAC case manager;
- look in your local yellow pages;
- call 211 (in the Ontario); or
- contact your local community information center (see pages 32-33 of this guide).

What if I need medical equipment or supplies?

◆ **Canadian Red Cross Society** (fee)

416-236-3180

www.redcross.ca

You can rent wheelchairs, walkers, commodes (toilet chairs), raised toilet seats, bath seats, canes and crutches from the Red Cross Society. Their rental fees are low. They rent the equipment on a short-term basis for up to three months. Call the number above to get the number of the Red Cross Office nearest you.

◆ **Other resources**

You can also get equipment and supplies through your local Community Care Access Centre (see this guide's section on CCACs on page 22). You can also check the yellow pages for a Medical Supply company in your area. Some private insurance plans cover the cost or partial cost of equipment and medical supplies. Check your own plan's coverage before you buy any equipment or supplies.

What if I need help with childcare?

During your illness/treatment, you might need help taking care of your children. Family, friends and neighbours are often willing to help. This can be a very concrete way for them to support you. Below is a list of other places that provide childcare. Whoever you choose, it is important that you and your child feel comfortable.

◆ **Princess Margaret Hospital The Magic Castle** (no fee)

Main floor

416-946-4501 ext.5157

The Magic Castle is a playroom for the children of patients and family members who are having appointments and treatment at PMH. The Magic Castle is similar to a typical daycare service. Children of all ages get sensitive care and support in a fun and safe environment. Call in advance to reserve space.

- ◆ **Visiting Homemakers Association Home Healthcare (fee)**
416-489-2500

This agency takes care of your children in your home. They have qualified staff who work days, weekends, evenings and overnight. Call to speak with an intake worker. If you need emergency childcare services in your home, look in the Yellow Pages under "Babysitters" or "Child Care".

- ◆ **Day Care Centres (fee)**

Day care centres offer group care for children outside of the home. To find out about the centres in your community, look under the Day Care and Nursery Schools section of the Metropolitan Toronto Directory. You can find this directory at your local public library.

- ◆ **City of Toronto Children's Services (fee)**
416-392-5437(KIDS)

This organization can tell you how to find private home day cares in your community.

- ◆ **Subsidies for Daycare Centres and Private Home Daycare**

Depending on your financial situation, you might be able to get help paying for childcare. A limited number of subsidies are available through the Municipality of Metropolitan Toronto. You can use the subsidy at any day care centre or private home day care that has a subsidy agreement with Metropolitan Toronto. Not all day care centres have this agreement. To apply for a subsidy, call the municipal office nearest to you:

Toronto	416-392-5437
North York	416-392-3300 or 416-392-3314
Etobicoke	416-392-5610 or 416-392-5615
Scarborough	416-397-7935

If you need to arrange for a child to be placed in subsidized day care on an urgent/emergency basis please contact your social worker to see if this process can be fast tracked.

◆ **Other resources**

Ask your Community Care Access Centre (CCAC) which agencies in your community provide childcare. (See this guide's section on CCACs on page 22). Sometimes the agencies have lower childcare fees for those in financial need.

You can find out about other programs and services in your area by calling 211 in Ontario or contacting your local community information centre (see pages 32-33 of this guide).

Where can I stay while receiving treatment at Princess Margaret Hospital?

◆ **The Princess Margaret Hospital Lodge (fee)**

545 Jarvis Street
Toronto, ON M4Y 2H8
416-413-7402
www.pmhlodge.org

This lodge is for patients who can do their own personal care (bathing, etc.). Patients who stay here live outside of Toronto or have trouble travelling to and from their daily treatments. The Lodge has 24-hour nursing coverage and provides 3 meals a day on weekdays. Patients dealing with side effects from treatment get support and supervision. A shuttle bus takes patients to and from Princess Margaret Hospital.

Other programs at the Lodge include: education, therapeutic touch, referrals for emotional counselling, and advocacy. Reflexology and massage are offered for a fee. Spouses or guests can stay at a daily rate when there is space. Call for more information and booking.

◆ Other resources

Depending on your situation, you and your family may want to stay at a hotel, bed and breakfast or apartment-style hotel. Some of these private facilities will consider charging reduced rates if you tell them you are a Princess Margaret Hospital patient. If you are planning on a long stay, you might be able to work out a weekly or monthly rate. If you want more information, see pamphlet entitled "Accommodations Near University Health Network." You can find it outside the offices of Psychosocial Oncology and Palliative Care (16th floor, room 718).

Which books might be helpful?

These resources reflect the opinions of their authors. They do not necessarily reflect the opinions of your doctor or health care team. Please visit the Patient & Family Library at PMH (main floor atrium) for a wide range of cancer-related books, pamphlets, videos and CD-ROMs.

◆ General Cancer Information and Self-help Books

Babcock, Elise. When Life Becomes Precious: a guide for loved ones and friends of cancer patients. New York, Toronto: Bantam, 1997.

Buckman, Robert. Cancer is A Word, Not a Sentence: a practical guide to help you through the first few weeks. Buffalo, Firefly Books, 2006.

Carr, Kris. Crazy, Sexy Cancer Tips. Guildford: Skirt! Publishing, 2007.

Coleman, C. Norman. Understanding Cancer: a patient's guide to diagnosis, prognosis, and treatment. Baltimore: Johns Hopkins University Press, 2006.

Corsini, Linda J. What About my Kids? a guide for parents living with breast cancer. Ottawa: Canadian Breast Cancer Foundation, 2006.

Cunningham, A. The Healing Journey: overcoming the crisis of cancer. Toronto: Key Porter Books, 2000.

Dollinger, M., Rosenbaum, E., and Cable, G. Everyone's Guide to Cancer Therapy. Kansas City: Somerville House Books Limited, 1997.

Harpham, Wendy, M.D. When a Parent has Cancer: a guide to caring for your children. New York: Harper Collins Publications, 1997.

Servan-Schreiber, David. Anticancer: a new way of life. New York: Viking, 2008.

Silver, Julie K. What Helped Get Me Through: cancer survivors share wisdom and hope. Atlanta, American Cancer Society, 2009.

Weil, Andrew. Spontaneous Healing: how to discover and enhance your body's natural ability to maintain and heal itself. New York, Knopf, 1995.

◆ **Gynecologic Cancer Books**

Diaz-Montez, Teresa. Johns Hopkins Patients' Guide to Cervical Cancer. Sudbury, MA, Jones & Bartlett Publishers, 2011.

Diaz-Montez, Teresa. Johns Hopkins Patients' Guide to Uterine Cancer. Sudbury, MA, Jones & Bartlett Publishers, 2010.

Salini, Ritu. Johns Hopkins Patients' Guide to Ovarian Cancer. Sudbury, MA, Jones & Bartlett Publishers, 2011.

Dizon, Don. 100 Questions & Answers About Cervical Cancer. Sudbury MA, Jones & Bartlett Publishers, 2009.

Dizon, Don. 100 Questions & Answers About Ovarian Cancer. Sudbury MA, Jones & Bartlett Publishers, 2006.

Dizon, Don. 100 Questions & Answers About Uterine Cancer. Sudbury MA, Jones & Bartlett Publishers, 2011.

Heller, Debra S. 100 Questions & Answers About Vulvar Cancer and Other Diseases of the Vulva and Vagina, Sudbury, MA, 2010.

McGinn, Kerry Anne. Women's Cancers: How to Prevent Them, How to Treat Them, How to Beat Them. Alameda, Hunter House, 2003.

Parker, James et al. The Official Patient's Sourcebook on Gestational Trophoblastic Tumors. San Diego, Icon Health, 2002.

Parker, William H. & Rachel L. Parker. A Gynecologist's Second Opinion: the questions and answers you need to take charge of your health. New York: Plume, 2003.

Rosenthal, Sara M. Gynecological Health: A Comprehensive Sourcebook for Canadian Women. Toronto: Viking, 2003.

Runowicz, Carolyn D. & Donna Haupt. To Be Alive: A Woman's Guide to a Full Life After Cancer. New York, Holt, 1995.

Runowicz, Carolyn D. Women and Cancer: A Thorough and Compassionate Resource for Patients and Their Families. New York, Villard, 1999.

Which Internet sites might be helpful?

These websites reflect the opinions of their authors. They do not necessarily reflect the opinions of your doctor or health care team. Please visit the Patient & Family Library (Main floor atrium) for help finding more sites.

Association of Cancer Online Resources

www.acor.org/

Beth Israel Medical Center Caregiver Support and Resources

www.stoppain.org/caregivers/index.html

Canadian Cancer Society

www.cancer.ca

Cancer Advocacy Coalition of Canada

<http://www.canceradvocacy.ca/>

Cancer and Careers: Living and Working With Cancer

www.cancerandcareers.org/

Cancer Care, Inc.

www.cancercare.org/

Cancer Education.com Patient & Family Center

www.cancereducation.com/cancersyspagesnb/splash.cfm

Cancer Hope Network

www.cancerhopenetwork.org/

CancerPage Chats and Message Boards

www.cancerpage.com/

Cancer Research UK

<http://www.cancerhelp.org.uk>

Facing Forward: A Guide For Cancer Survivors

<http://www.cancer.gov/cancertopics/coping/life-after-treatment>

FertileHOPE: Fertility Resources For Cancer Patients

<http://www.fertilehope.org/>

Guide to Coping With Gynecological Cancer

http://www.cwhn.ca/gyn_cancer/index_gyn.html

Mautner Project For Lesbians With Cancer

www.mautnerproject.org/

National Cancer Institute

www.cancer.gov

OncoLink Cancer

www.oncolink.com/

Ovarian Cancer Canada

www.ovariancanada.org

The Ulman Cancer Fund for Young Adults

www.ulmanfund.org

Vital Options/The Group Room

www.vitaloptions.org

Women's Cancer Network (WCN)

www.wcn.org

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Index-Community Information Services

For more information about services in your area call the appropriate number below. For example, they can tell you where to go for counseling, home support, or child care services.

If you are in:	Call:	Website:
Ajax-Pickering	905-686-2661	www.informdurham.com
Alliston	705-435-4900	www.csolve.net/~contact
Amherstburg	519-736-5471	www.amherstburg-cs.com/
Ancaster	905-648-6675	www.ancastercommunityservices.ca
Barrie	705-728-1010	www.library.barrie.on.ca
Belleville	613-969-0130	no website
Brampton	905-793-4636	www.bramlib.on.ca/home
Burlington	905-639-4212	www.halinet.on.ca/
Cambridge	519-740-3030	www.cambridge.ca
Collingwood	705-445-0040	www.communityconnection.net
Dundas	905-627-5461	www.dundascommunityservices.on.ca
Elmira	519-669-5139	no website
Erin	519-833-9696	www.ewag.ca
Essex	519-776-4231	www.informationwindsor.com
Fergus	519-843-5140	www.ferguselora.com
Georgetown	905-873-6502	no website
Guelph	519-821-0632	no website
Haliburton	705-457-2733	no website
Halton	519-853-3310	www.hipinfo.info/
Hamilton	905-528-0104	http://www.inform.city.hamilton.on.ca/

Kingston	613-542-1001	no website
Lakefield	705-742-7067	www.commcareptbo.org
Leamington	519-326-8629	www.secc.on.ca
Lindsay	705-324-7323	www.community-care.on.ca/
London	519-432-2211	no website
Markham	905-415-7500	no website
Milton	905-876-1244	www.mcrc.on.ca
Mississauga	905-677-6270	no website
Niagara Falls	905-682-6611	www.informationniagara.com
Oakville	905-815-2046	http://www.rgpc.ca/oapsd/find.cfm
Orangeville	519-941-0610	www.orangeville.library.on.ca
Orillia	705-326-7743	www.simcoemuskokahealth.org
Oshawa	905-434-4636	www.oshawa.ca
Ottawa	613-241-4636	www.cominfo-ottawa.org
Peterborough	705-742-8839	www.fourinfo.com
Port Colbourne	905-834-3629	www.portcares.on.ca
Port Perry	905-985-0150	www.communitycaredurham.on.ca
Richmond Hill	905-884-3000	no website
St. Catharines	905-682-6611	www.informationniagara.com
Sarnia	519-336-2422	www.ccac-ont.ca
Simcoe	519-426-6655	no website
Tilbury	519-682-2268	no website
Victoria County	905-668-0522	no website
Waterdown	905-689-7880	www.infoflam.on.ca
Whitby	905-668-0522	www.durham.ca

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