

AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

December 2018

ACCESS YOUR HEALTH RECORDS ONLINE

Did you know you can access your personal UHN health records online for free?

What is myUHN Patient Portal?

myUHN Patient Portal is a secure and free website where patients can access their health record information in real time, see appointment details, view patient education resources, share their information with others and print or download results and reports,



Patients can access health and appointment information from University Health Network (UHN) hospitals which include Toronto General, Toronto Western, and Princess Margaret.

myUHN is an example of UHN's primary value in action: the needs of patients come first. From inception, patients and caregivers were involved in planning, co-design and testing. Patients and caregivers told us they want real time access to their health records and we listened!

Currently, there are over 63,000 registered users. The service has a 67% adoption rate, which means that more than half of the patients who learn about the portal decide to sign up.

UHN recently surveyed myUHN users about their experience, and almost 10,000 patients responded. Among the key themes were:

- 94% of patients preferred to look at their results as soon as they were ready even if they could be worrisome.
- 92% of patients preferred to look at the results as soon as they were ready, even if they have to wait until their next appointment to understand what they meant.

“myUHN Patient Portal has made a radical change in my care at PMH. I understand my condition and play an active role in my care. This is as a result of receiving clinic notes, lab, CT scans and ultrasound reports. It is such an important service. I can't say enough about its importance to me and the quality of my care.”
--Patient at PM

myUHN Patient Portal also promotes patient engagement, since 94% of patients reported feeling better prepared for their appointments.

Educational resources are available on myUHN to help you understand some of your reports. For example, pathology reports are linked to the website [My Pathology Report](#), which can help you understand what you read in your results.



myUHN Support is a team of dedicated staff ready to provide registration information, education and technical support to patients and staff. If you want to become involved in patient engagement activities like helping us design or test a new feature, we are always looking for patient insight! Please send us an e-mail at myuhn@uhn.ca to learn more.

If you would like more information about myUHN please visit <https://www.uhn.ca/PatientsFamilies/myUHN>. If you would like to sign up for myUHN, ask for a registration code at your next appointment, or call our support line 416-340-3777.

Connect with us:



myUHN Patient Portal



@myUHNPortal



Adolescent and
Young Adult Program



ayaprogram_uhn



AYA Program at Princess Margaret



@ayaprogram

aya@uhn.ca // ayaprincessmargaret.ca // 416 946 4501 x 5579

MONTHLY COMMUNITY UPDATES

GILDA'S CLUB

24 Cecil St. Toronto, ON
www.gildasclubtoronto.org
416 214 9898



GRIEF SUPPORT FOR KIDS & TEENS

January 8 to March 5
6:30 to 8:00 PM

KIDS TALK OUT

For kids ages 4-11 who currently have someone in their life who has cancer.

TEENS TALK OUT

For teens ages 12-18 whose lives have been touched by cancer caregiving or grief.

January 10 to March 7
6:30 to 8:00 PM

KIDS GRIEVE TOO

For kids ages 4-11 who are remembering someone who has passed from cancer. It gives them a chance to talk about how cancer and death has affected them and their family.

Contact Dani at 416-214-9898 ext. 211 for more information or to register.

WELLSPRING

Visit online for upcoming program event dates this month: <http://bit.ly/2sGqCdy>



AYA PROGRAM UPDATES

AYA CANCER DECEMBER MEET-UP CANCELLED

The December meet-up is cancelled due to the holiday season. Our upcoming monthly AYA meet-ups will resume on Thurs, Jan 24 from 6 to 7:30 PM on the 16th floor, Room 726 at the Princess Margaret Cancer Centre. We encourage participants to RSVP to aya@uhn.ca if they are planning to attend. Pizza will be provided.



JANUARY 2019: MUSIC MEET-UP

Starting from January 16 through February 20, 2019 from 1-3 PM, Dr. Chana Korenblum (Psychosocial Oncology) and SarahRose Black (Music Therapy) will be facilitating a Music Meet-Up for AYA (Adolescents and Young Adults).

Music Meet-Up is a 6-session group program specifically offered to support young people with a cancer diagnosis. Each weekly session is centred on a specific theme and includes music-based activities and development of practical coping skills. Participants should be well enough and willing to attend all 6 weekly, 2 hour sessions. There is no fee for this program. *****NOTE:** No previous music experience is required. If you have questions about Music Meet-Up, feel free to contact **Chana Korenblum** (chana.korenblum@uhn.ca, or 416-946-4525). We encourage you to register by end of December to early January to give sufficient notice.

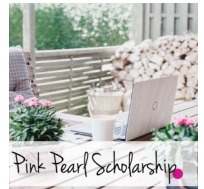
SHARE YOUR STORY

Do you have a story to share? We are looking for young adult patients & survivors (ages 15 to 39) and their supporters (family, friends, colleagues) who would like to share their story for others to read on our website. If interested, please submit a story between 250 to 750 words, with at least one picture. You are welcome to include contact information (if you are open to having others contact you).

COMMUNITY EVENTS & UPDATES

PINK PEARL FOUNDATION SCHOLARSHIP

Pink Pearl Foundation is giving away one \$1,000 scholarship for college/university to a Canadian woman facing cancer. **Application intake is open until March 5th, with the recipient being notified on March 20, 2019.** For more information on eligibility and how to apply, visit <http://bit.ly/2w2h68E>



SEEKING PARTICIPANTS FOR SURVEY ON PEER SUPPORT IN CANCER

Cancer can be isolating.

Support from peers who've been through it can help.

Help us learn how to improve access to peer support for adolescents and young adults (AYA) with cancer.

Complete our voluntary research survey if:

- You were diagnosed with cancer between 15 and 39 years of age
- You received cancer treatment within the last 10 years

There will be a draw to win 1 of 3 VISA gift cards worth **\$100! CDN**

Log in to complete survey. Log out.

The security of social media is not guaranteed. Contact us about the study. Don't post if concerned about privacy.

AYA Addressed and Young Adult Program UHN Princess Margaret Cancer Centre ARCC

Seeking participants for a study on peer support! Please complete our 25 minute survey here: <http://bit.do/Connect4Health>