

100 Acts of Love Cancer Care Plan

Being diagnosed with cancer is overwhelming. To help you understand your treatment and how others can support you, take a moment to fill in the information below. Our hope is that it will be helpful as you start your journey

General Information		
Name:	Email:	Phone:
Emergency Contact Name:	Emergency Contact Email:	Emergency Contact Phone:
Health Care Providers (Including Names, Institution)		
Primary Care Provider:	Email:	Phone:
Surgeon:	Email:	Phone:
Oncologist:	Email:	Phone:
Other Provider:	Email:	Phone:
Preferred Pharmacy:	Pharmacy Phone Number:	
Health Care Coordinator:	Health Care Coordinator Email:	Health Care Coordinator Phone:
Insurance Information Summary		
Medical Insurance Carrier:	Member #:	Group #:
Membership Phone Number:		
EAP Phone Number:	EAP Login Credentials:	
Cancer Summary		
Diagnosis		
Cancer Type:		Affected Body Part:
Stage: <input type="checkbox"/> I <input type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/> IV <input type="checkbox"/> Not applicable		
Treatment		
Surgery: <input type="checkbox"/> Yes <input type="checkbox"/> No		Surgery Date(s) include year:
Surgical procedure/findings:		
Radiation: <input type="checkbox"/> Yes <input type="checkbox"/> No	Body area treated:	
Chemotherapy: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Before surgery <input type="checkbox"/> After surgery		
Hormonal therapy: <input type="checkbox"/> Yes <input type="checkbox"/> No		
Immunotherapy: <input type="checkbox"/> Yes <input type="checkbox"/> No		

This summary is record of major aspects of your cancer treatment not a detailed or comprehensive record of your care. Please review this with your cancer provider and caregiver.

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Treatment Plan		
Treatment Name	Frequency of Treatment	Possible Side Effects
<input type="checkbox"/> SAMPLE: Rituxan	4 x 4 days every other week	Increase your risk of infections lower the ability of your immune system to fight infections. May cause heart problems chest pain, irregular heartbeats, and heart attack.
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

People		
There will be people who want to help, but their offers can feel overwhelming. To help with the overwhelm, designate 2 -5 people point people to be your inner circle of support and allow them to filter the flow of information and support from and to you. There are three kinds of people who will want to help, and each of them can play a role.		
Point People: These are the people you are most comfortable sharing your diagnosis and updates with. A point person can be a close family member, best friends, or a co-worker.	Family and Friends: These are people who you care about but are not incredibly close with. They often include some family, friends, and co-workers.	Concerned Citizens: These are people who you know but not well. Many of them will want to help, and there is plenty they can help with.

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People		
Point Person Name:	Point Person Email:	Point Person Phone#:
Point Person Name:	Point Person Email:	Point Person Phone#:
Point Person Name:	Point Person Email:	Point Person Phone#:
Point Person Name:	Point Person Email:	Point Person Phone#:

People
Write down the names of a few friends and family you might want to notify.

Support		
<p>There are many different ways people can support you, but sometimes it is hard to determine where and what kind of support you need. Below are six categories where accepting help can be straightforward. Each category has one idea in it. Talk with your point person (s) and brainstorm other ways your friends and co-workers can help.</p>		
Food: 1. Put a cooler by the front door 2. _____ 3. _____	Work: 1. Develop a workplan 2. _____ 3. _____	Financial: 1. Pay for Uber/Lyft Rides 2. _____ 3. _____
Children: 1. Pay for day care/afterschool events 2. _____ 3. _____	Car: 1. Buy a gas card 2. _____ 3. _____	Home: 1. Pay for a housekeeper 2. _____ 3. _____

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Your Questions

This section is for you to record any questions you may have about your treatment.

For more information go to 100ActsofLove.com

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