

# Inuusinni Aqqusaaqtara My Journey



BOOK 2

My Personal Journal



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PAUKTUUTIT  
INUIT WOMEN OF CANADA  
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This resource includes 2 books. **BOOK 1** has information about cancer, and **BOOK 2** has space to write about your personal cancer journey.

*“All my kids, husband,  
were affected when I had  
lung cancer. The word cancer  
scares everyone. It’s a scary  
topic even when we hear  
it’s only a possibility.”*



Canadian  
Cancer  
Society



This project is a collaboration between  
Pauktuutit Inuit Women of Canada and the Canadian Cancer Society  
generously supported by Jaguar Land Rover Canada.



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**At the back of this booklet, you'll find blank master pages. Use them as originals to make as many copies as you need.**

- My treatment plan
- My appointments
- List of medicines
- Monthly calendar

## My Journey

This booklet has space for you to write about your personal experience.

### My personal bill of rights

Your rights are things that every person is allowed to have and should have. Here is a list of ideas that may help you speak up for yourself as you get healthcare and treatment.

I have the right to ask for what I want.

I have the right to refuse services or resources  
that don't meet my needs.

I have the right to change my mind.

I have the right to express my feelings,  
whether positive or negative.

I have the right to decide what I think is important to me.

I have the right to speak up for myself.

I have the right to feel scared or afraid.

I have the right to not have to justify my decisions.

I have the right to be treated with dignity and respect.

I have the right to have fun.

I have the right to expect honesty from others.

I have the right to rely on others for help  
or to speak for me.

I have the right to ask questions and  
get answers in my own language.

I have the right to say that I am not ready.

I have the right to receive copies of anything that I sign.

I have the right to see my medical records.

## My diagnosis

On ..... (DATE),  
my nurse/doctor told me that I was diagnosed with:

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It made me feel:

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## My Journey

### Questions for my healthcare team

It's normal to have many questions after a cancer diagnosis. Finding the right answers to your questions is important. These answers may help you make decisions that are right for you.

You may find it helpful to have a list of questions ready to take with you to appointments. There is space in this journal for you to write your own questions. You can also ask your healthcare team and caregivers to help you think of more questions.

The following **tips** are examples of how to prepare before you meet the doctor and other members of the healthcare team:

- Plan what you want to ask ahead of time. It helps to keep questions clear and focused.
- Write your questions in this notebook, leaving space for the answer after the question. This may help you remember to ask your questions when you are at the appointment.
- Don't be afraid to ask new questions that you think of while you are at the appointment.
- Take a family member or friend along for support. They can also help ask questions or write down answers.
- If you can, write down or record the answers to your questions so you can review them later when you need to.
- Ask the healthcare team to spell difficult or unfamiliar words.

- Check with the healthcare team that the answer you wrote down is correct.
- Ask the healthcare team how to contact them between appointments if you have any questions that need to be answered quickly.
- If you think of questions after your appointment, you can always ask your healthcare team.

*Remember that you have the right to have your questions answered about the cancer and your treatment plan.*



Below are some **examples of questions** you may have. Write down any other questions you have in the space below.

- What type of cancer do I have?
- What tests can be done to know if the cancer has spread? When will I have them?
- What are lymph nodes and what do they do?  
Which lymph nodes might be affected by the cancer?
- Is treatment available for this type of cancer?
- Where will I get the treatment? Does this treatment mean staying in a hospital?
- Do I need to decide on my treatment right away, or can I think about it and get more information?
- This is such a big decision. How do I get a second opinion?
- What is the chance that the cancer will come back after treatment?

- How can I talk to others who have had the same cancer?  
Is there a support group I can join or a support program you can tell me about?
- Where can I get more information about this type of cancer?
- Who will be part of my healthcare team, and what does each person do?
- Can a support person (such as a partner, parent or friend) be with me during treatment?





## My Journey

### My support team

This section will help you keep track of the people who you will meet along your cancer journey.

#### My family and friend supports are:

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

## My healthcare team includes:

### Dietitian

A dietitian teaches you about healthy eating and helps with eating problems that may be a side effect of cancer treatment.

MY DIETITIAN: .....

CONTACT INFO: .....

COMMENTS: .....

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### Community nurse

A community nurse gives general care and is an important part of your healthcare before, during and after cancer treatments.

MY NURSE: .....

CONTACT INFO: .....

COMMENTS: .....

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### Family doctor

A family doctor gives general care and is an important part of your healthcare before, during and after cancer treatments.

MY DOCTOR: .....

CONTACT INFO: .....

COMMENTS: .....

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## My Journey

### Interpreter

An interpreter or translator speaks your language and the language of the doctor. They interpret or translate all communications between you and the healthcare team to make sure that you get all of the information you need.

MY INTERPRETER: .....

CONTACT INFO: .....

COMMENTS: .....

### Patient navigator

A patient or nurse navigator may coordinate services and help you with physical, social, emotional and practical needs.

MY PATIENT NAVIGATOR: .....

CONTACT INFO: .....

COMMENTS: .....

### Oncologist

This doctor diagnoses and treats cancer using chemotherapy, hormonal therapy, immunotherapy or supportive therapy. An oncologist is often the main doctor for someone with cancer.

MY ONCOLOGIST: .....

CONTACT INFO: .....

COMMENTS: .....

## **Radiation oncologist**

This doctor has special training in the treatment of cancer using radiation. They may help develop your treatment plan.

MY RADIATION ONCOLOGIST: .....

CONTACT INFO: .....

COMMENTS: .....

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## **Surgeon**

This doctor removes tissues, organs or other parts of the body through an operation or a biopsy.

MY SURGEON: .....

CONTACT INFO: .....

COMMENTS: .....

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NOTES:

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## My Journey

My other care providers are:

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

NAME: .....

CONTACT INFO: .....

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Handwriting practice lines consisting of multiple sets of three horizontal dotted lines for tracing and writing.







Handwriting practice lines consisting of 20 horizontal dotted lines.





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Handwriting practice lines consisting of multiple sets of three horizontal dotted lines for tracing and writing.

20



Handwriting practice lines consisting of multiple sets of three horizontal dotted lines for tracing and writing.

22





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*“We need to think about the risks of cancer at a young age. We need to educate the younger generation that our bodies need to be taken care of, and focus on healthy living, not harmful things.”*





[www.pauktuutit.ca](http://www.pauktuutit.ca)