



Survivorship Care
Planning: Inform,
Strengthen,
and Ease the
Transition for
Survivors

Community
Connections
at ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations



ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

Survivorship Care Planning: Inform, Strengthen, and Ease the Transition for Survivors

By: Taraneh Tofighi, ELLICSR summer student

In an effort to support patients in their transition from treatment to follow-up care, researchers at ELLICSR have been working with health care providers and patients at the Princess Margaret Cancer Centre to develop and roll-out Survivorship Care Plans (SCP). ***What is a SCP?*** The SCP is a consult to share information with patients about:

- Their treatment and future follow-up care,
- How to prepare for the transition from cancer treatment to follow up care.



To date, SCP's have been fully implemented in some disease sites:

- Testicular
- Endometrial
- With ongoing plans to expand to the Colorectal, Kidney and Prostate Cancer sites.

The SCPs are given to patients after treatment is complete, during their regular follow-up appointment. This SCP consult is designed to bring patients and their health care team together, to talk about the treatment they've got, follow-up plans, effects of treatment, and the responsibilities of everyone involved in follow-up care. The SCP includes personalized information such as:

- Diagnosis and treatment summary
- Recommended follow-up visits and cancer screening tests
- Ways to manage persistent effects and monitor for late effects

- How to look for signs of recurrence
- How to optimize health and wellness
- Who to contact for questions and concerns

After a 30 minute care plan consult with a clinical nurse, patients receive an email with

the personalized SCP attached and links to various patient education and community support resources. A copy of the SCP is also sent to the patient's family doctor, in order to ensure a smooth transition to follow-up care. Learn more about the exciting research happening at ELLICSR by visiting: www.ellicsr.ca

Community Connections at ELLICSR

Thursday September 17, 2015

9:30 am – 3:30 pm

Meet Community Partners

Drop by the community booth to meet a representative from national cancer care organizations to hear about programs and resources available in your community. You can visit anytime from 9:30 – 12:30 pm.

10:00 am-
10:30 am

The Leukemia and Lymphoma Society Patient Education and Support Services

An overview of the programs and services provided by The Leukemia and Lymphoma Society and Ovarian Cancer Canada will be shared.

12:15 pm –
1:15 pm

Survivor's Kitchen: Cooking for Health with special guest Canadian Cancer Society

Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. Cooking samples always provided!

2:30 pm –
3:30 pm

Getting Back on Track

Join a social worker to discuss what to expect after your treatment is over and you are being seen for follow-up care. This ½ hour class is free and available to all Princess Margaret patients.

Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

Stop by ELLICSR to:

- Get to know the supportive care organizations in your community
- Attend workshops and programs
- Meet other people affected by cancer

For more information, call 416-581-8620.

Community Connections is held on the third Thursday of every month!

The next Community Connections is:

Thursday October 15, 2015

9:30 am to 3:30 pm

ELLICSR: Health, Wellness & Cancer Survivorship Centre. Located in the Toronto General Hospital (From the University Avenue entrance of Toronto General Hospital (near Starbucks), take the West elevators down to basement level (B). Follow the signs to ELLICSR.)



Meet the Community Connections Supportive Care Organizations

Art for Cancer Foundation

416-763-8752

www.artforcancerfoundation.org



Bikur Cholim

416-783-7983

www.bikurcholim.ca



The Canadian Cancer Society

1-888-939-3333

www.cancer.ca



The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

www.colorectal-cancer.ca



The Canadian Amyloidosis Support Network

905-787-999 or 1-877-303-4999

info@thecasn.org



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Kidney Cancer Canada

1-866-598-7166

www.kidneycancercanada.ca



The Leukemia & Lymphoma Society (LLS)

416-585-2873 or 1-866-585-2873

www.lls.org/tor



Lung Cancer Canada

416-785-3439 or 1-888-445-4403

www.lungcancercanada.ca



Lymphoma Foundation Canada

1-866-659-5556

www.lymphoma.ca



Melanoma Network of Canada (MNC)

289-242-2010

www.melanomanetwork.ca



Nanny Angel Network

416-730-0025

www.nannyangelnetwork.com



The Olive Branch of Hope

416-256-3155 or 1-877-251-0770

olivebranch@theolivebranch.ca

www.theolivebranch.ca



Ovarian Cancer Canada

1-877-413-7970 x231

www.ovariancanada.org



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancercanada.ca



POGO

416-592-1232

www.pogo.ca



Prostate Cancer Canada

416-441-2131 or 1-888-255-0333

www.prostatecancer.ca



Rebounders

905-338-1530

www.rebounders.ca



Rethink Breast Cancer

www.rethinkbreastcancer.com



Testicular Cancer

519-894-0134

www.testicularcancercanada.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancercanada.org



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



Willow Breast Cancer Support Canada

416-778-5000

www.willow.org



**“When you’ve had cancer,
every day is a gift.” –Chris Taylor**

*“Thanks to the groundbreaking research, the care of
Dr. Messner and the compassion of the whole team
at The Princess Margaret,
I’m here today.”*



A gift left in your Will can save lives.

If cancer is your cause, support one of the top 5 cancer research centres in the world. To learn more about planning your gift, call 416-946-2295 or email legacy@thepmcf.ca

See Chris Taylor’s story at www.thepmcf.ca

The Princess Margaret Cancer Foundation  **UHN**

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