

## Help Needed with Hospital Materials and/or Medical Forms

Internet version of this handout with active resource links at: <http://cancer-help.me/reading-understanding>

### Ask:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

**Discuss who can help you with the materials and medical forms: family, friends, caregivers, hospital staff.**

**Try to have someone with you when you go to the hospital or doctor appointments.**

**The person with you, or you if you are alone, should always take some notes or write down information given. You can also ask for patient handouts or resources, printed or online.**

**Be sure that all of your questions are answered. Ask for a different explanation if you are unclear of any information given. If you have any additional questions regarding your main problem and what to do about it, please ask. If you want help, ask to speak with a social worker who may be able to help you.**

Above content adapted from: Ask Me 3: Good Questions for Your Good Health, <http://www.npsf.org/page/askme3>

### Local Organizations providing support for anyone impacted by cancer:

Cancer Wellness Center	Northern Suburbs	<a href="http://Cancerwellness.org">Cancerwellness.org</a>	847-509-9595	Programas en Español
Gilda's Club Chicago	Chicago	<a href="http://Gildasclubchicago.org">Gildasclubchicago.org</a>	312-464-9900	Programas en Español
Living Well Cancer Resource Center	Far West Suburbs	<a href="http://Livingwellcrc.org">Livingwellcrc.org</a>	630-262-1111	
The Cancer Support Center	South Suburbs	<a href="http://CancerSupportCenter.org">CancerSupportCenter.org</a>	708-798-9171	
Wellness House in Chicago	Northwest & West Suburbs	<a href="http://Wellnesshouse.org">Wellnesshouse.org</a>	630-323-5150	

Access an interactive map of these local resources at: <http://cancer-help.me/communitycancerresourcecenters>

### Resources for Additional Information:

- [Ask Me 3™ Video](#)
- [NCCN, Patient and Caregiver Resources](#)
- [Cancer.Net, Navigating Cancer Care](#)
- [CancerCare.org, Ways to Improve Communication with Your Health Care Team](#)

### Información Española

- [American Cancer Society, Tratamiento y apoyo](#)
- [CancerCare.org, ¿Doctor, podemos hablar?: Consejos para comunicarse con su médico](#)