What can we do for you?

**Social Work Services** at the Simcoe Muskoka Regional Cancer Centre

In this document you will learn:

- How a Social Worker can help you and your family
- How to get in touch with a Social Worker
- Group support programs for patients and caregivers
How can a Social Worker help me and my family?

For people diagnosed with cancer and their families, a Social Worker can be an important part of their health care team. Social Workers can be a helpful resource to patients and families by providing counselling, education and support in relation to their illness.

We offer:

Counselling
• Help with coping with cancer, depression (feeling sad), anxiety, stress management

Money Matters
• Financial applications, benefits/disability pensions

Future Planning
• Advanced directives, Will and Power of Attorney

Resources
• Information and referrals to community programs

Sexuality
• Issues around intimacy and connection

Family & Relationship
• Communication, talking with children

Survivorship
• Adjusting to life after treatment

Grief & Bereavement Counselling

What types of support are available?

• Available as inpatient or outpatient
• Individual, couple & family counseling
• Support for children. We ask that parents/caregivers meet with a social worker prior to the child’s first social work appointment.
• Group programs (see last page)
• Frequency and duration of support are tailored to your needs
• Confidential, professional and respectful support
How do I get connected to a Social Worker?

For outpatients:
Talk to your Care Team or call (705) 728-9090 ext. 43520 to make an appointment. You must make an appointment to see a Social Worker in the Cancer Centre.

For inpatients:
Speak with your Care Team to request support from our inpatient Social Worker. A Social Worker will come and meet with you and/or your family members on your inpatient unit in the hospital.

If you missed the chance to meet with the inpatient Social Worker before you are discharged home, you can call (705) 728-9090 ext. 43520 for an outpatient appointment.

Your appointments can be:

- In person
- Online (via a computer or mobile phone with internet)
- Via videoconferencing (OTN, also called telemedicine) at your local hospital/community health team

With the videoconferencing and online options, you will be able to see, hear and talk to the social worker through a television screen or on your own computer/phone.

Note: It is very important to arrive at your appointment on time, so the Social Worker has time to do a detailed assessment and can support you in addressing your needs.
**Group Support Programs & Events**

**Caring for the Caregiver** is a group that supports the practical and emotional needs of the caregiver throughout the caregiving journey. **This group runs every 1st and 3rd Thursdays of each month.** You will meet with a social worker first to ensure that the group is a good fit. Please call to book an appointment with a social worker before coming to the group.

**Coping with Cancer** is a group aimed at helping patients to cope with the emotional aspects of their cancer experience. It is suitable for cancer patients with any diagnosis or prognosis, and at any stage in the cancer journey. **The group runs every 1st and 3rd Wednesdays of each month.** You will meet with a social worker first to ensure that the group is a good fit. Please call to book an appointment with a social worker before coming to the group.

**The Legacy Group** is a therapeutic group designed to help patients to reflect and process their life journey. Patients will have an opportunity to create a document/memento. **This is a 5 week group which is offered multiple times throughout the year.** This group is suitable for patients with any diagnosis or prognosis, and at any stage of their cancer journey. You will meet with a social worker first to ensure that the group is a good fit. Please call to book an appointment with a social worker before coming to the group.

**Cancer Centre Explore and More** is a child-friendly tour designed to help answer their questions and give them the opportunity to learn hands-on what happens when someone comes into the Cancer Centre. Visit will conclude with an art activity for the youth and a group session for the caregivers. Open to children and caregivers of all ages, and **runs once every two months.**

All group programs are free and are located inside the Cancer Centre. For exact dates and times, please see the Cancer Patient Classes and Groups Calendar. They are available online at [www.rvh.on.ca](http://www.rvh.on.ca) (search for “Cancer Patient Classes”). Paper copies are available in the Cancer Centre reception and waiting areas.

To book a social work appointment or register for a group or event call (705) 728-9090 ext 43520