

# Taking control of your cancer care

## Team, Involvement, Plan, Support

Finding out you have cancer can be confronting and stressful. You might not know what to do or who to turn to. That's where knowing the **T.I.P.S.** can help.



### Team

#### Get to know your multidisciplinary cancer care team.

All cancer patients in NSW should have their care overseen by a multidisciplinary cancer care team (also known as an MDT). This is a team of health professionals who work together as a group to come up with the best treatment and care plan for you. Your team members will consider the treatment options available, your circumstances, and your preferences when creating your individualised cancer care plan.

**Ask your doctor for more information about who the members of your MDT are.**



### Involvement

#### Be informed and get involved in decisions about your care.

Every cancer is different, and so are the treatment and care options for each person. It is important that you understand your cancer diagnosis and are aware of all the options available to you. This will help you make informed decisions about your cancer care that meet your personal needs.

**Ask your doctor about the care options that are available to you.**



### Plan

#### Know the next step in your treatment and who to contact.

Over the course of your treatment, you will see a number of different doctors and other health professionals. Knowing the next steps in your treatment and key contacts along the way helps you to better manage your cancer care.

**Ask your doctor to provide you with a plan so you know the next step in your treatment and who to contact if you have any questions about your care.**



### Support

#### Know the people and services available to support you.

Finding out you have cancer can impact all areas of your life. In addition to your cancer treatment, there may be services that can help you manage other areas of your life affected by cancer. It is important that you have a network of health professionals, as well as friends and family, to support you along the way.

**Ask your doctor how to access the support services available to you.**