

What is Resource Navigation?

When you are diagnosed with cancer, finding the right information can be a lot to manage. Resource navigation is available to find resources and provide guidance. This fact sheet will tell you:

- More about resource navigation and resource navigators
- The benefits of resource navigation
- The impacts of health care disparities on care
- What CancerCare can do for you



Resource Navigation and Resource Navigators

Resource navigation is a way of helping you find important information and give you guidance after a cancer diagnosis. This can be especially helpful when you are very stressed. A resource navigator can provide a calm and steady approach while giving information that can help you.



What Are Some Benefits of Resource Navigation?

- **Cancer-focused guidance.** A cancer diagnosis can impact your life in many ways. A resource navigator will know where to help in order to let you focus on your treatment.
- **Practical information about treatment.** Resource navigators can help you understand your care and treatment options. These include potential side effects, how treatment may impact your everyday life and work, and what your rights are.
- **Resources within your community.** Finding resources on your own can be time-consuming and stressful. Resource navigators can help locate financial assistance, insurance options, transportation and even ways to help with living expenses.
- **Improved Communication.** Cancer is difficult to talk about for many people. A resource navigator can help you feel more connected to others and that your needs are being met by your doctors.



How Do Health Care Disparities Affect Your Care?

People impacted by cancer may face challenges in getting care. Sometimes these challenges come from differences, or disparities, in the identity or status of the person affected by cancer. When these differences are acknowledged, the barriers to best care can sometimes be avoided. Some examples of health care disparities include:

- Race and/or ethnicity
- Gender identity
- Sexual orientation
- Physical ability
- Socioeconomic status
- Language spoken
- Many more

Resource navigators can help health care professionals recognize these differences and provide the best care possible for you.



How Can CancerCare Help?

CancerCare has dedicated resource navigators who can help you in many ways. We can help you understand your needs, provide guidance, tips for communication, practical information and find resources you need. This guidance can improve your quality of life and help you gain better understanding of your needs.

CancerCare provides telephone resource navigation nationally to people diagnosed with cancer and their loved ones. All of our services are free of charge.

CancerCare® Can Help

Founded in 1944, CancerCare is the leading national organization providing free support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include resource navigation, counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by master's-prepared oncology social workers and world-leading cancer experts.

To learn more, visit www.cancercare.org or call **800-813-HOPE (4673)**.

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