



CANCERcare®

800-813-HOPE (4673)  
info@cancercaare.org  
www.cancercaare.org

# fact sheet

## WHAT IS RESOURCE NAVIGATION?

When a person is diagnosed with cancer, it can be a very overwhelming and stressful experience. For many, finding the right information to overcome these difficulties can be a lot to manage. Resource navigation is available to help find resources and provide guidance for those with cancer and their caregivers.



### UNDERSTANDING WHAT RESOURCE NAVIGATION CAN DO FOR YOU

A resource navigator can help when a cancer diagnosis or access to treatment becomes too stressful to manage. Navigators can help you find financial assistance for both medical and non-medical costs involved in care. They can help you find emotional support services, or assist you to better communicate your needs to others. They can walk you through stages of care, and help you understand your rights as a person diagnosed with cancer.

### BENEFITS OF RESOURCE NAVIGATION INCLUDE:

#### **Provide cancer-focused guidance.**

When someone is diagnosed with cancer, they may not know what to do or where to turn. Resource navigators provide information on how to better prepare for these worries. Navigators can work with you to identify your needs and help you find the best information to address them. The information will be specific to your own diagnosis.

**Improve Communication.** Cancer is difficult to talk about for many people. Whether talking to your loved ones, your health care team, your workplace, or beyond, resource navigators know how to help you better express yourself and your needs. Improving communication can help you feel more heard and connected. Resource navigators can help make sure your needs are being met by your doctors. Resource navigators will help you learn how to advocate for yourself and feel more comfortable understanding your options.

#### **Practical information about treatment.**

Care and treatment options can be confusing. Resource navigators can connect you with accurate and up-to-date information from reliable sources. This helps you understand your care and potential side effects, including how treatment may impact your everyday life and work, and what your rights are during and after treatment.

#### **Resources within your community.**

Finding resources on your own can be time consuming and stressful. Resource navigators can help sort through resources available to you in your own community. They can help find financial assistance programs in your area or help navigate insurance options or help with practical needs including transportation, access to food or other basic living expenses. A resource navigator can also find sources of support, including support groups, peer support and counseling services.

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## RESOURCE NAVIGATION AND HEALTH CARE DISPARITIES

People diagnosed with cancer and their caregivers may face challenges in how they can receive care for many reasons. These differences can be related to race and ethnicity, age, gender identity, sexual orientation, physical ability, socioeconomic status, developmental ability, immigration status, location and more. These are known as health care disparities. It is important for health care professionals to recognize these differences. This will help them find the best care and treatment for your individual needs, while addressing any potential barriers to care.

It is not always easy to express your own needs and values. Resource navigation allows for people diagnosed with cancer to have their unique needs and health care disparities addressed. Including resource navigation in your care can help you better communicate your needs and improve your quality of life. Resource navigators respect a person's values and understand how cultural beliefs can influence how you receive care. Resource Navigators will help you and guide you to feel empowered to self-advocate to get what you need.

### HOW CANCERCARE CAN HELP

CancerCare has oncology social workers and resource navigators who can help you overcome these barriers to care. We can help you understand your needs, provide guidance, communication tips, practical information, and find resources to help access your treatment. This information and guidance will improve quality of life and help you gain better understanding of your needs.

CancerCare provides free telephone resource navigation nationally to both people diagnosed with cancer and their loved ones.



### 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](http://www.cancercare.org) or call **800-813-HOPE (4673)**.

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*Edited by Marissa Fors, LCSW, OSW-C, C-ASWCM, CCM*



CANCERCARE®

National Office • 275 Seventh Avenue • New York, NY 10001

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