

Needs Assessment Tool Patients & Families [NAT-P&F]

The topics below are often a concern for people with cancer and those close to them.

Please indicate how concerned you are now about each issue, by placing a tick in the appropriate column (Level of Concern).

Indicate with a second tick whether you need to discuss the issue with your doctor or other health professional (eg. cancer care coordinator) or whether you would like to address this concern yourself (Actions).

The last column indicates where in Life, Hope and Reality you may find resources to help you address the specific issue.

Take the completed Needs Assessment Tool (NAT-P & F) with you to your next doctor's appointment. You can use it as a prompt to raise and discuss your concerns.

Section 2: For Caregivers, family members or friends	Date Completed				
	Level of concern			Actions	
	None / Minor	Some	A lot	Discuss with doctor	Address concern myself
How concerned are you NOW about:					
Finding general information about cancer					Introduction
Patient's Physical Symptoms:					
Knowing the physical symptoms that the person with cancer may experience					
Knowing the extent to which I can help the person with cancer with managing physical symptoms					
Knowing the extent to which I can help the person with cancer in performing daily living activities					
Providing physical care to the person with cancer requires					
The difficulty the person with cancer is having looking after him/herself					
Determining availability of other treatments					
My time spent travelling to hospitals and waiting around for appointments					
Getting more information about the physical needs of the person with cancer and where to go to obtain the care needed					
Patient's Emotional Needs:					
Identifying and managing the feelings and emotional issues the person with cancer may be experiencing (eg. anxiety, depression)					
Identifying and managing the feelings and emotional issues I am experiencing (eg. anxiety, depression)					
Maintaining or instilling hope in the person with cancer and myself					

Dealing with changes in the person with cancer's sexual feelings							Emotional Needs
Dealing with changes in my intimate relationship with the person with cancer							
Maintaining the person with cancer's sense of worthiness							
Managing impaired thinking and changes in awareness the person with cancer may be experiencing							
Accessing health professionals that can help the person with cancer and me with emotional needs							
Social Needs:							
My current social support network							Social Needs
My relationship with the person with cancer							
Communicating well with the person with cancer							
Communicating well with health professionals							
Conflicting beliefs between my current health care and my way of life or customs							
Overcoming language barriers							
My spirituality and finding meaning in my life							
Lifestyle							
Helping the person with cancer maintain a healthy lifestyle							Lifestyle
Obtaining resources so I can maintain a healthy life myself							
Maintaining the person with cancer's work							
Obtaining resources so I can continue to work							
Finances							
My financial situation or legal issues that are upsetting me or that require assistance							Finances
End of Life							
Helping the person with cancer to develop an advance care directive or "living will"							End of Life
My feelings about death and dying							
Making plans for the future or making other decisions							
Implications of caring for a person diagnosed with cancer							
Providing the help and support that the person with cancer requires							The people who care
Accessing information relevant to my own needs as a caregiver from relevant support services							
Taking the break I need							

My illnesses or injuries that make it difficult for me to care for the person with cancer						The people who care
Feeling burnt out by my care giving role						
Support for my family or friends caring for me						
Palliative care						
Knowing when palliative care is appropriate for me to care for the person with cancer						Palliative Care
Knowing which cancer specialist the person with cancer should see to obtain palliative care						
Other topics of concern? Please list here and discuss with health professionals:						
a)						
b)						
c)						