

What are some common concerns of young adults affected by cancer?

- Coping
- Emotional challenges
- Fertility
- Sexual health and body image
- Work, school, and finances
- Fatigue and brain fog
- Exercise
- Survivorship

How can I connect with other young adults affected by cancer?

Wellspring

Phone: (toll-free) 1-866-682-3135

Online: Young Adult Supports

<https://wellspring.ca/alberta/young-adults/>

Young Adult Cancer Canada (YACC)

Phone: (Toll-free) 1-877-571-7325

Email: connect@youngadultcancer.ca

Online: <https://youngadultcancer.ca>

For more AYA resources,

Go online: www.ahs.ca/aya

Click on the 'Adolescent & Young Adult Resource Sheet'



“ At a time when I was feeling very overwhelmed and anxious she helped me by validating my emotions, offering support and consistently checking in on me. Her energy was contagious and she very quickly became a very important member of my care team.”

- Young adult cancer patient

“The AYA navigators are a wealth of information for young adults facing a scary illness. They can spend more time with patients to better identify learning needs, barriers to care, and link patients with providers as needed.”

-Cancer Care Alberta
Systemic Treatment Nurse

Thanks to the generous donors of the **Alberta Cancer Foundation** - including Crescent Point Energy who has made a 5 year commitment to support this program - for making life better for Albertans facing cancer by supporting Cancer Patient Navigation.



Gen Info | AYA | Patient Navigator Program | PROV | 2024-04 | CPE- P0087

Adolescent and Young Adult Patient Navigators

Helping you with information, connection, and supports to live well with and beyond cancer



General Information





What is an Adolescent and Young Adult (AYA) Patient Navigator?

We are specially trained registered nurses who work with adolescents and young adults between the ages of 17 to 39 impacted by cancer. We help support young people with cancer, their families, and caregivers at any time throughout the cancer journey.

We aim to help improve your quality of life and help you live well with and beyond cancer. We listen to you and provide support, education, and connections for concerns common to young adults with cancer.

What can we help with?

- Getting accurate information to help you make decisions
- Preparing for tests, treatments, and medical visits by explaining test results, treatment choices, and what to expect
- Connecting to care providers and hospital and community resources for a range of concerns including money issues or challenging emotions
- Connecting to other young adults living with cancer and available community AYA supports

If you are between the ages of 17 and 39 and have been diagnosed with cancer AYA Nurse Navigators are here to help you. Service is free of charge and confidential.

How do I connect with an AYA Patient Navigator?

Patients and families can phone us directly or you can ask your healthcare provider for a referral at any point from diagnosis to after treatment.

Contact a Patient Navigator using the phone number or email below. Discuss what you need help with, and ways we can support you.

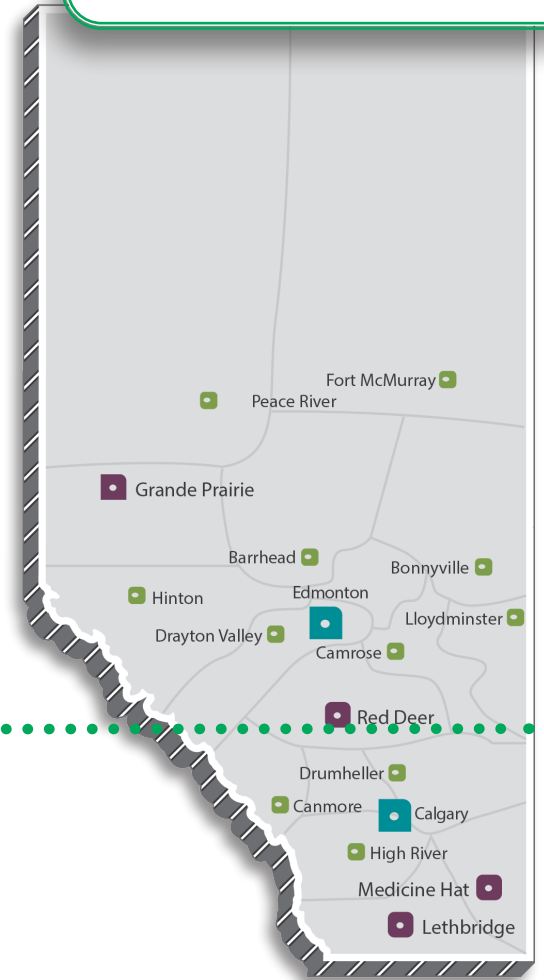
AYA Navigator North (Supporting people from Red Deer and north including NWT)

- 780-432-8932
- AYA.Program@ahs.ca

AYA Navigator South (Supporting people south of Red Deer down to the Alberta border)

- 403-476-2791
- AYA.ProgramSouth@ahs.ca

My Navigator is:
Name _____
Phone _____



My notes: _____

