

# Virtual cancer care checklist

## for people living with cancer and caregivers

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A checklist can be a great way to remember important details for your virtual cancer care appointments. You can print this checklist or save it to your device.

### Before the appointment

Make sure your devices are plugged in or fully charged.

Log in and explore how the virtual care platform works before your appointment.

Ask your healthcare team what to do if the call gets disconnected.

Talk to your caregiver about how they can support you and when you might need privacy. (For example, will they take notes for you? Is it OK if they join the discussion and ask questions?)

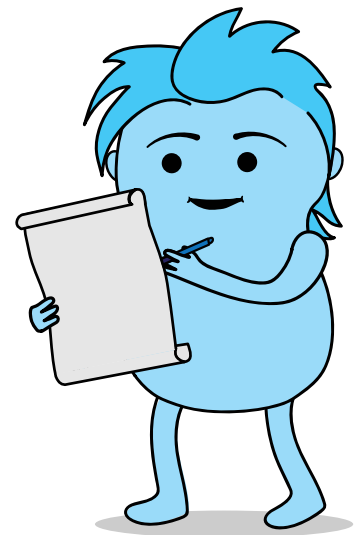
Bring a list of medicines you're taking and any symptoms you're experiencing to your appointment.

Write down any questions you have – even if they seem small, all questions are valid.

Bring a pen and paper to take notes during the appointment, or ask your caregiver to take notes for you.

Ask your healthcare team if you can record the call or get a transcript of the call.

If you're joining a virtual care appointment as a caregiver, tell the person you're caring for if there is anything you're not comfortable doing or if you have questions you'd like to ask the healthcare team during the appointment.



## During the appointment

Consider using headphones during your appointment to help reduce background noise.

Check that you can see yourself clearly and nothing is blocking your camera. Find good lighting by facing a window or sitting in a well-lit room.

Take notes to help you remember important details from the appointment.

Before the end of the appointment, ask the healthcare team about next steps. (For example, is there any paperwork that you need to fill out or review? What should you do if you have questions between appointments?)

## After the appointment

Review your notes if you took them.

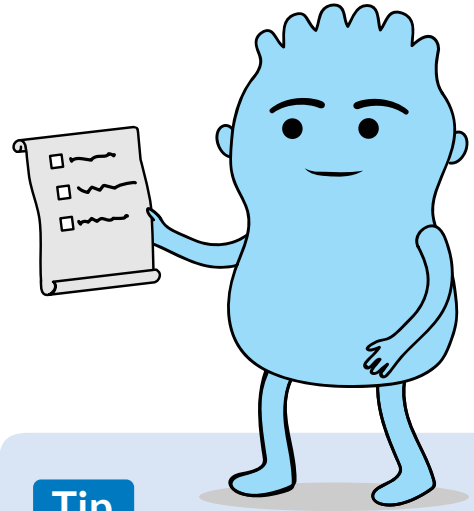
If you set goals during the appointment, make a plan for how you can work towards them.

Talk to your caregiver about what was discussed and how they can best support you.

Write down any questions that you forgot to ask or thought of after the appointment. Reach out to the healthcare team or ask them at the next appointment.

## We're here to help.

- Call our **Cancer Information Helpline** at 1-888-939-3333.
- Search the **Community Services Locator** at [cancer.ca/csl](https://cancer.ca/csl).
- Connect with our **online community** at [CancerConnection.ca](https://CancerConnection.ca).



### Tip

You may have an unreliable internet or phone connection if you live in a rural or remote area. This can make it harder for you to access virtual cancer care. Talk to your healthcare team, your caregiver or someone else close to you if you need extra support.

For more tips, visit our Virtual Care Resource Hub at [cancer.ca/virtualcare](https://cancer.ca/virtualcare).