

# UNDERSTAND WHAT YOU WANT AND NEED

## COMMUNICATING WITH YOUR LOVED ONES



Taking an active role in your care means understanding your needs and sharing them with the people who are part of your care team. Use this worksheet to help you get what you want by working with the loved ones and doctors who make up your team.<sup>1,2</sup>

### START WITH YOU



Take some time to reflect on your needs, values, and preferences when it comes to living with CLL. Answer the questions below to get started.<sup>3</sup>

- Who is on your care team?

*Ex: Care partner, adult children, friends, neighbors*

- What matters to you?

*Ex: Spending time with loved ones, doing activities you enjoy, feeling in control*

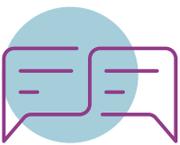
- What would you like to know about?

*Ex: Understanding my choices, learning all I can, advocating for my care*

- What impacts you and your doctor's treatment decision? Discuss these with your doctor.

*Ex: Cost, side effects, how treatment is given or taken*

### CONNECT WITH YOUR CARE PARTNER



Your care partner can help advocate for you. Once you understand your needs, share them with your care partner and talk about how the rest of your care team can help. Answer the questions below to get started.

- What do you need from your care partner?

*Ex: Help with errands and appointments, a shoulder to lean on, help connecting with the rest of your care team*

- How can your care partner support you during doctor appointments?

*Ex: Note-taking, moral support, active participant*

- What activities can you do together?

*Ex: Watching movies, playing board games, taking walks*

- How can the rest of your care team help you both?

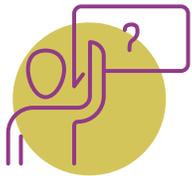
*Ex: Rides to appointments, help with yard work, meals*

## UNDERSTAND WHAT YOU WANT AND NEED COMMUNICATING WITH YOUR DOCTORS



Now that you've shared your needs with your care partner, it's time to consider another important member of your care circle—your doctor. Prepare for your next appointment by using this side of the worksheet to help you get started.

### QUESTIONS YOU MAY WANT TO ASK



- Can any foods/drinks consumed, over-the-counter medications, herbal supplements, or vitamins I am currently taking affect my treatment?
- What stage is my disease?
- What are the potential risks and outcomes of treatment?
- How will I know if my CLL is getting worse or it's time to start treatment?
- What specific CLL mutations or deletions do I have, if any?
- Which chemotherapy or nonchemotherapy option might be right for me?
- Are any of these treatments oral or given through an IV?
- What can I do to support my overall health?



### COMMUNICATION TIPS TO CONSIDER

- **START STRONG:** Bring up your most important question or concern first so your doctor has time to address it.<sup>1</sup>
- **RAISE YOUR HAND:** You may not know every medical term your doctor uses—that's OK. Ask your doctor to explain.<sup>2</sup>
- **TELL IT LIKE IT IS:** Share your symptoms, needs, concerns, fears, and preferences with your doctor.<sup>3</sup>
- **DON'T GET STUCK ON A "SOLVE":** Talk to your care partner about stress. You don't have to solve every problem on the spot. But getting things out in the open may help you both.<sup>4</sup>

1. National Institute of Health. A Guide for Older People: Talking With Your Doctor. Accessed January 24, 2022. [https://order.nia.nih.gov/sites/default/files/2017-07/TWYD\\_508.pdf](https://order.nia.nih.gov/sites/default/files/2017-07/TWYD_508.pdf) Published December 2016.

2. American Cancer Society. Talking with Your Doctor. American Cancer Society website. Accessed January 24, 2022. <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/talking-with-your-doctor-english-pdf.pdf> Updated November 17, 2015.

3. IOM (Institute of Medicine). 2013. Delivering High-Quality Cancer Care: Charting a New Course for a System in Crisis. Washington, DC: The National Academies Press.

4. National Cancer Institute. Facing Cancer with Your Spouse or Partner. Accessed January 24, 2022. <https://www.cancer.gov/about-cancer/coping/adjusting-to-cancer/spouse-or-partner> Updated September 26, 2018.