

SUPPORT FOR FIRST NATIONS, INUIT, MÉTIS, & URBAN INDIGENOUS PEOPLES

How An Indigenous Cancer Navigator Can Help

What is an Indigenous Cancer Navigator?

Waterloo Wellington is home to many First Nations, Inuit, Métis and urban Indigenous families. The Waterloo Wellington Regional Cancer Program (WWRCP) works to provide culturally safe, easy to access, cancer care to Indigenous patients and families in the region.

The Indigenous Cancer Navigator (ICN) is a special role within the cancer program. The ICN works closely with you to support you and your family through every stage of cancer care.

When to Get Support

Melanie is the Indigenous Cancer Navigator for Waterloo Wellington. Connect with her to get the support you need at **ANY point in your cancer care**. The ICN offers support **to you and your family/care partners**. You do not need a referral and can call or email her directly. She will answer questions, address concerns, and help support you to access the care you need most.



Meet Melanie Turner she/her/hers

The Indigenous Cancer Navigator for the
Waterloo Wellington Regional Cancer Program



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How Can the Indigenous Cancer Navigator Help?

The ICN works to provide culturally safe care by connecting, healing, supporting, and teaching. Learn more about how the ICN supports **you and your family** under each heading below:

Connecting

- Answers questions about what to expect with your appointments or tests
- Helps you with applications for financial and transportation services
- Helps plan access to cancer services in the home and hospital
- Connects you with spiritual and community supports
- Introduces you to your health care providers

Healing

- Collaborates with you to access cultural and ceremonial practices like:
 - Smudging
 - Cedar baths
- Assists in smudging and access to traditional medicines across all regional sites
- Coordinates access to an Elder, Knowledge Keeper, or Traditional Healing

Supporting

- Shares information about cancer care programs for First Nations, Metis, and Inuit
- Attends clinic appointments with you, as needed
- Educates and teaches about cancer and cancer services
- Helps with discharge planning

Teaching

- Gives you information about Indigenous services throughout the Waterloo Region
- Builds a better understanding of Indigenous culture and practices with healthcare providers
- Shares information about cancer and treatment(s)
- Connects you with learning materials and handouts

Use this resource for your information only. It does not replace medical advice from your doctor or other healthcare professionals.



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cancerwaterloowellington.ca

