



This list helps you check you are getting the right support.

If you want to know more about it, search 'standards of care' at leukaemiacare.org.uk

Tick each box if you agree. If you have not ticked something, you can talk to your nurse or care team about it.

My key contact and support

- ☐ I have the name and contact details of my Clinical Nurse Specialist (CNS) or key worker
- ☐ I know when and how to contact them
- ☐ I can get help between appointments if I need it

Ongoing support (not just at diagnosis)

My care team:

- ☐ Check up on me regularly
- ☐ Ask about my needs at different points during my care and not just at the start
- ☐ Explain that my needs may change over time
- ☐ Ask me to speak up if I have any worries or concerns

Emotional and psychological wellbeing

My care team:

- ☐ Ask how I feel emotionally
- ☐ Help me talk about worries like fear, anxiety or uncertainty
- ☐ Offer help with emotional support if I need it

Information

My care team:

- ☐ Give me clear information about my cancer and treatment
- ☐ Offer information during my care, not just at the start
- ☐ Show me where to find trusted information



Practical and financial support

My care team:

- ☐ Ask about practical issues such as work, travel and daily life
- ☐ Give me information about money help if needed
- ☐ Help me get support with non-medical problems

Support at home

My care team:

- ☐ Tell me about support groups and charities (like Leukaemia Care)
- ☐ Explain what help they offer
- ☐ Encourage me to use support services if needed

Being involved in my care

My care team:

- ☐ Include me in decisions about my care and treatment
- ☐ Give me chances to share my views and concerns
- ☐ Listen to my views and take them seriously

Changes and communication

My care team:

- ☐ Tell me about changes to my care or treatment
- ☐ Explain things in a way I can understand
- ☐ Make sure I am kept informed and know what is happening

Notes

(Write any questions or things you want to talk about with your care team here.)