

What matters most to you?

This is about all parts of your life.

You might want to talk about:

- Your physical symptoms
- Your treatment
- Your feelings or worries
- Your sexual wellbeing
- Your family or relationships
- Life after treatment
- Your appointments or tests
- Your work, money or housing
- Daily life or practical tasks
- Your faith or beliefs



Next steps

You can ask for an HNA at any time.

Speak to your care team:

- Clinical Nurse Specialist (CNS)
- Cancer Support Worker (CSW)
- Cancer Information Support Service (CISS)

 0121 371 3539

 cancerinfo@uhb.nhs.uk

Your notes

This is a space for you to write your important questions and thoughts.

Questions I want to ask:

Things I am worried about:

Things that matter to me:

Holistic Needs Assessment (HNA)

Everyone with cancer will experience it differently and may need different support.

Let's talk about what matters to you.

We want to understand what is important to you, so we can support you.



In partnership with

MACMILLAN
CANCER SUPPORT

What is a Holistic Needs Assessment (HNA)?

How it works

1. It starts with a few short questions about what matters to you
2. Talk this through with your care team
3. Agree what could help

...it's about what's important to you

Find out more on the cancer services website



www.uhb.nhs.uk/services/cancer/patients-and-visitors/



Look for this icon on the webpage to listen or change language

Your support plan

Together you and your care team will agree a plan that works for you.

This is called your **personalised care and support plan**.

It includes:

- What matters to you
- What help you may need
- Who can support you
- What happens next

This plan is yours. You will get a copy.

Why am I so angry and irritable and not sleeping?

What should I be eating to help myself?

What support is available for me and my family?

Who can I talk to about money worries?

How can I remain active?

Who can I speak to about relationships or sexual difficulties?

Holistic Needs Assessment

