

Staying Organized Through A Health Crisis

One of the most important tools to help you stay organized while going through Cancer or any other health crisis is **'THE NOTEBOOK'**! Something as simple as a plain notebook and small calendar will make your walk through this difficult time so much easier.

Our memories don't always remember what they need in the best of circumstances, so having everything written down will help you to review, act or ask new questions about appointments, treatments, tests outcome, meds, doctors you saw, insurance issues and more. This will keep you organized, on track and in control. It's an invaluable resource and I can't push the use of one too much.

Here are some suggestions on how to use a NOTEBOOK:

- Write the date, time, name of doctor or nurse who attended you for each visit.
- Make notes about purpose and results of visit.
- Date every phone call to the doctor, pharmacy, lab, etc.
- Write whom you spoke with and the phone number
- Write what your question(s) or concern(s) are
- Write the response from the person you spoke with
- Write the action you took as result of the response
- Write down questions that come to mind in between appointments (put your questions in a different color, then run a line through it after the question has been asked and answered)

A small calendar inside the notebook will allow you to keep track of appointments, treatments, when to take medications, etc.

If you like to journal, a notebook is also a good way to record what you are feeling and experiencing throughout the process, who helped you with what, who stopped by to visit, brought meals, gifts, etc.

The notebook is an invaluable tool!