



RLMCMH Oncology Handbook

Red Lake Margaret
Cochenour Memorial
Hospital

*Compassionate, Quality care –
every patient, every time*

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FIRST STEPS

You or a loved one has now been diagnosed with cancer. Now what?

You can expect a lot of information and resources coming at you all at once. You will not remember it all or may not register any of it and that is perfectly okay. If possible, try to bring someone with you to your appointments who will take notes and help you process the information later.

You also don't need to read all the resources right away, which is why this folder is great. You can store information in it and come back to them as you are ready and able. If you're feeling overwhelmed, try to break everything down into next immediate steps. What is the next step in your treatment plan? What do you need to figure out to make that happen or to feel comfortable with the process? Our contacts page has a list of resources and local people you can make appointments with or touch base with if you're not sure you need to meet with them yet or not. There are also people you can talk to that have gone through the process before.

Don't forget that your mental health is just as important as your physical health, and this resource might help alleviate some of the questions you might have at the moment. Your healthcare team in Red Lake will do our best to ensure your healthcare journey goes as smoothly as possible with the resources available to us in Red Lake. Occasionally there are circumstances beyond our control that might affect your care.

We have also provided you with a journal to help make your care process smoother. These journals have been graciously donated by the Red Lake Lions Club.

DIAGNOSTIC TESTS AND LAB RESULTS

We understand that waiting for test results or results of any kind can be difficult. Test and lab results are usually given during clinic appointments with your doctor or you may be called at home.

At **Thunder Bay Regional Health Sciences Centre**, the lab is located in the Regional Cancer Centre on Level 3

In **Red Lake**, the lab is located down the administration hallway. **Phone 727-2231 Ext. 327**

Pre-chemotherapy lab work (before each treatment) is done two days before your chemotherapy.

For all other lab work you must register at the information desk before proceeding to your lab appointment,

- Please arrive at the scheduled time for your lab appointment. This will decrease the time you will wait for these services
- If you do not have a scheduled appointment, it is best to come in the afternoon when the lab is less busy
- Your health care team will inform you of your lab schedule
- Please note: The lab in **Thunder Bay Regional Health Sciences Centre** is used only for tests ordered by your Regional Cancer Care doctor. Tests ordered by your family doctor or primary care provider must be done at a community lab such as the Red Lake Hospital Lab

APPOINTMENTS

FIRST APPOINTMENT WITH YOUR CANCER DOCTOR (ONCOLOGIST)

This may be in person in Thunder Bay or usually by Telemedicine at the Red Lake Hospital.

TELEMEDICINE

Telemedicine Services uses special video monitors and equipment. This service connects patients with doctors and health care professionals so patients do not have to travel long distances to their health care appointments.

- Patients living in Northwestern Ontario may be scheduled to visit their local hospital or clinic to use the Ontario Telemedicine Network (OTN) or the Keewaytinook Okimakanak Telemedicine Network (KOTM, serving Indigenous communities).
- These Telemedicine systems make it easy for patients to participate in health care appointments with their doctor and other health care professionals.
- Telemedicine and OTN's network is safe and secure, ensuring that your visit and personal health information are kept confidential at all times.
- Telemedicine appointments will start on direction from your Oncologist. **Thunder Bay Regional Health Sciences Centre** Cancer Care will notify the local video coordinator at the Red Lake hospital of your appointment and then you will be called by the video coordinator to confirm your appointment and offer any instructions you require.
- Keep in mind there is a time change between Red Lake and Thunder Bay so it is a good idea to confirm what local time your appointment is scheduled for.
- For more information please speak with Red Lake Hospital's Telehealth coordinator **@727-2231 ext. 339**

TIPS FOR ALL OF YOUR APPOINTMENTS

HERE ARE SOME HELPFUL AND IMPORTANT TIPS FOR PATIENTS TO REMEMBER BEFORE EACH AND EVERY APPOINTMENT:

- Make a list of questions you want to remember to ask during your appointment
- Grab your TRAVEL GRANT before any out of town appointment
- When out of town, arrive 15-30 minutes early in order to have time to:
 - find a parking spot
 - check in at the Reception Desk- in **Thunder Bay Regional Health Sciences Centre** you will be given an iPad to complete the "Your Symptoms Matter" assessment (volunteers are available to assist you with this)
- Bring a pen and your journal to take notes
- You are encouraged to bring a family member or friend to each appointment for **support** or to help you **discuss your care** with the Cancer Care team and to **take notes**
- You may be required to rent a wheelchair if you need one in hospital, make sure you have loonies and toonies available
- It is possible your appointment will last up to one hour or more
- If you have several appointments on different days, it may be possible to book all appointments on one day. Contact your local clinic contact (i.e. Doctor or Nurse Practitioner) office to find out (the further ahead, the better)
- Bring all your appointment forms with you
- Bring a *complete* Medication/Vitamin/Supplements List. Always have on your person a complete list of the names, amount that you take, and how often you take your medications. You will be asked for this at most appointments, and we want to know from you what you are actually taking

You may find it helpful to bring up to two people with you on your first visit, one to listen with you and one to take notes.

KEY POINTS:

- You will be given written information
- You may need to make decisions to help your care team plan your treatment
- You may need to sign consent forms. If you find the forms too confusing, please let the doctor know
- If you do not need treatment at this time, you may be asked to come back for a follow-up appointment

OUT OF TOWN APPOINTMENT

WHAT TO TAKE WITH YOU FOR YOUR APPOINTMENTS OUT OF TOWN

Other patients have found it helpful to “plan for extra” when going out of town for an appointment. These are some things they have suggested:

- Small bag
- Pajamas
- Toothbrush and toothpaste
- TRAVEL GRANT** (Pick up at Red Lake Medical Center or Nursing Station at the Red Lake Hospital)
- Change for parking/ wheelchair rental/ vending machines
- Change of clothes
- Hair brush
- Contact information, maps, directions
- Health Card
- Medication list or bottles or blister pack (don't forget about vitamins or puffers)
- Information for accommodations
- Laptop/ iPad/ Cell phone and chargers
- No scented products
- Mask that covers mouth and nose
-
-
-
-

Directions to **check in** at the **Thunder Bay Regional Health Sciences Cancer Centre's Main Reception Desk**, located on Level 3 of the Hospital:

- Enter Thunder Bay Regional Health Sciences Centre through the Main Entrance (revolving doors). Ahead of you and slightly to the left is the Regional Cancer Centre
- Go slightly left through the glass doors opposite the Main Entrance to the Regional Cancer Centre's Garden of Hope
- From this point, you may take the stairs on the right or the elevator straight ahead up to Level 3, where you will arrive at Main Reception

APPOINTMENT CHANGES FOR THE THUNDER BAY REGIONAL CANCER CENTER

“Did you know you can ask to change your appointment?”

- We try hard to make sure that your appointments go ahead as planned, but changes can happen. We will give you as much notice as possible if your appointment needs to be changed
- Your doctor works as part of a team and you may on occasion see a different doctor. Appointments with the Thunder Bay Regional Cancer Center can be mailed to you up to one year in advance, so please mark these appointments in your calendar
- If you need to change or cancel an appointment, call the Regional Cancer Centre as soon as possible. You must call at least 24 hours ahead of time
- If you haven't heard back regarding test results ensure you phone to confirm results
- **To cancel or change an appointment, please phone (807) 684-7200 or toll-free 1-877-696-7223 for Thunder Bay.**

TRANSPORTATION INCLUDING PARKING

“Always have loonies and toonies in your car”

“Don't forget to pick up your Northern Travel Grant at the Red Lake Clinic before you go out of town”

PARKING AT THUNDER BAY REGIONAL HEALTH SCIENCES CANCER CENTER/ HOSPITAL

Parking at **Thunder Bay Regional Health Sciences Centre** can be accessed from either Gulf Links Road or Oliver Road. For appointments at the Regional Cancer Centre, it is recommended you park in Lot A1 or short term metered parking close to the doors (see attached map).

Parking Rates: Up to one hour: \$2
 Up to two hours: \$4
 Up to four hours: \$5

Over four hours until midnight: \$7 (daily maximum) after midnight, the parking rate will restart

 PASSES

Daily, weekly, or monthly parking passes are available for purchase. Please refer to the Thunder Bay Regional Health Sciences Centre Hospital website www.tbrhsc.net for more details.

PATIENT DROP OFF AND PICK UP

DROP OFF

1. Pull into the “Assisted Pick Up/Drop off Lane” at the front entrance
 2. Escort patient to benches at the main entrance or to the appropriate waiting room. Please note that there is a 10 minute maximum to leave a vehicle at the front entrance
 3. Move vehicle to one of the visitor parking lots if a longer stay is required
-

PICK UP:

1. If you are required to meet a patient on a unit or in a clinical department, park vehicle in one of the visitor parking lots
2. Bring patient to benches at the front entrance or nursing staff/volunteers will bring the patient down to meet you
3. Retrieve vehicle and pull into the “Assisted Pick Up/Drop off Lane”
4. Escort patient to vehicle

VOLUNTEER DRIVER PROGRAM IN THUNDER BAY

The Canadian Cancer Society can help with travel within Thunder Bay if you can't afford the cost of travel or if you are not physically well enough to use public transportation.

Wheels of Hope is a transportation service offered through the Cancer Care Society to assist eligible patients and an escort with their short- term travel to attend. Phone **1-888-939-3333 (TTY 1-866-786-3934)** to register or for more information.



TRAVEL GRANT

NORTHERN HEALTH TRAVEL GRANT

“Did you know you may be eligible to get money back?”

The Northern Health Travel Grant helps pay some of the travel related expenses for those who need to travel 100km or more to receive specific medical services.

- Pick up travel grants at the Red Lake Clinic before traveling out of town for appointments
- **If you forget to pick up a travel grant before you leave Red Lake, you may ask your Cancer Care team for a form**
- Ensure your travel grant gets signed by the physician you see at your appointment, or if you go for a diagnostic test the Technician can sign the form. Then return it to the Red Lake Medical Associates (Clinic) for them to sign before you send it in to the government. The social worker at the Red Lake Clinic can help you with this if needed
- For more information, visit “How do I apply for a travel grant” at www.health.gov.on.ca/en/public/publications/ohip/norhtern.aspx

***Be sure to add the total mileage (there and back) from your home to the “out-of-town” hospital. For example the mileage from Cochenour to Dryden compared to Red Lake to Dryden is different.**

ACCOMMODATION

“If you plan on staying in a hotel, call ahead. If your medications require refrigeration, ask for a fridge free of charge”

“Many hotels have medical rates for individuals with travel grants”

Treatments for cancer can be done in many community hospitals throughout Ontario as well as comprehensive regional cancer centres. These **centres** have highly specialized staff and equipment. If you are to be treated at one of these regional programs, you may need to travel farther and find accommodation.

Some cancer centers offer other options for accommodation during treatment. Ask your nurse or a social worker for information, call **1-888-939-3333**

Cancer lodges are available in the following locations:

- **Ottawa** – Maurice J. Grimes Lodge at The Ottawa Hospital
- **Thunder Bay** – TBayTel Tamarack House at Thunder Bay Regional Health Sciences Centre.
Contact Supportive Care for more information.
- **Toronto** – Princess Margaret Hospital Lodge

The Canadian Cancer Society can help you with transportation from Red Lake to your treatment appointments in other communities. Please contact your local CCS representative (Katherine Greenwood 807-728-0959) or call the Thunder Bay Office (807) 344-5433 for more information or assistance.

Some community hospitals, regional cancer centres and lodges have Canadian Cancer Society volunteers there to help you. They can help you find your way around, sit with you while you’re waiting for appointments and provide comfort and refreshments. They can also tell you more about the Canadian Cancer Society and other services we provide.

Find out more about regional cancer programs in Ontario.

Read more: <http://www.cancer.ca/en/support-and-services/support-services/travel-and-accommodations-on/?region=on#ixzz5PfOvdaXR>

HOW DOES MY HEALTH CARE TEAM SHARE INFORMATION?

The Red Lake Hospital chemotherapy program is a part of the Thunder Bay Cancer Center Regional Chemotherapy program as is the Kenora and Dryden hospitals. We are connected to your electronic medical record at the Thunder Bay Cancer Center. The chemotherapy nurse and hospital pharmacy department have access to this record. Your lab work is electronically sent to your Oncologist via this record as well as into your chart at the Red Lake Medical Center if you have it drawn in Red Lake. Your chemotherapy orders come to the hospital pharmacy department in Red Lake and Dryden and the chemotherapy nurse via this route as well. All your diagnostic tests are available to your Oncologist via electronic record as well, as long as they are done in Ontario.

CHEMOTHERAPY

- Most patients are required to have their first chemotherapy treatment in Thunder Bay. This is to ensure the therapy is well tolerated by you, so the oncology team can observe you for any side effects or complications that may lead to changes in your management
- There may be times the Red Lake MCM Hospital cannot accommodate your therapy. We try very hard to prevent this from happening and realize the strain it places on our patients. This is why we will work to ensure you are connected with the right healthcare team who can provide your chemotherapy, so there is no delay in your treatment

INITIAL VISIT WITH CHEMOTHERAPY NURSE AT RED LAKE HOSPITAL FOR PATIENTS

This visit occurs before any treatments are given and may include:

- 1) Handing out of package: information on various things relating to chemotherapy, appointments etc. and hospital booklet
- 2) General discussion of type of cancer stages, 3 types of treatment, (surgery, radiation, chemotherapy)
- 3) Chemotherapy discussion (if applicable): vein assessment for central line, types of chemotherapy drugs, handouts of drug information you may be getting at the time of the visit
- 4) Central Lines: What is it? How it's cared for? Who gets one?
- 5) Orientation to our chemotherapy unit, explanation of how it works with pre appointments, labs, mixing of chemotherapy, what will happen if we can't give chemotherapy here and out of town process
- 6) Discussion with Social Worker to talk about her role in helping with government programs, financial resources, concerns, travel grants, etc.
- 7) Local and regional Canadian Cancer Society: contacts, how they can help and programs offered
- 8) Tamarack House, travel grants,
- 9) Patient time: questions, thoughts, discussion

HOW YOUR CHEMOTHERAPY VISITS WORK AT THE RED LAKE HOSPITAL

The chemotherapy nurse at the Red Lake Hospital will phone you for your appointments for receiving chemotherapy in Red Lake.

You will have two appointments (a pre-cycle assessment with lab work and chemotherapy delivery) at the hospital each time you get chemotherapy in Red Lake, and one with a doctor at the Red Lake Clinic:

- 1) **Two days before your chemotherapy:** Report to the nursing station and tell them you have an appointment with the chemotherapy nurse. The chemotherapy nurse will talk to you about the side effects from the chemotherapy and assess your weight and blood pressure etc. You will fill out a questionnaire about your wellbeing and go to the lab for tests. The chemotherapy nurse will ensure your lab results are transferred and that all the information you provided for your electronic chart is available to Thunder Bay for your Medical Oncologist to see.
- 2) **The day of your chemotherapy** report to the nursing station, and tell them you have an appointment with the chemotherapy nurse. You will be in our chemotherapy room or suitable room in a chair for your treatment. You will have an intravenous started, or your central line hooked up to an IV bag (if you have one). When your chemotherapy orders are completed by your Oncologist on your electronic record, the pharmacy in Dryden will mix the drugs and send them to the Red Lake Hospital. The drugs will be given in your IV according to the directions from your Oncologist.
- 3) The chemotherapy nurse will arrange your next treatment appointment and an appointment with a local doctor. The doctor appointment will occur before your next cycle as recommended by the cancer center. The local doctor will also help treat any side effects and answer questions you may have.

WHAT IF I CANNOT HAVE MY CHEMOTHERAPY IN RED LAKE?

Depending on your type of chemotherapy drug(s), some patients are required to have their first treatment in Thunder Bay. This is to ensure the therapy is well tolerated by you and so the oncology team can observe for any side effects or complications during the chemotherapy infusion.

There may be times the Red Lake MCM Hospital cannot accommodate your therapy. We try very hard to prevent this from happening and realize the strain it places on our patients. This is why we will arrange to have your chemotherapy scheduled in Dryden, Kenora or Thunder Bay to avoid delays in your treatment plan.

WINNIPEG

“Can I have my chemotherapy in Red Lake if my Oncologist is in Winnipeg?”

If you have a cancer doctor in Winnipeg and you need chemotherapy, you will be referred to the Thunder Bay Cancer Center to an Oncologist who is licensed in Ontario to supervise/ order your chemotherapy treatments. Oncologists in Manitoba do not have privileges to practice in Ontario and will not be able to supervise your chemotherapy treatments from Manitoba. If you get diagnosed with cancer in Winnipeg and you need chemotherapy, usually a referral is made by the Manitoba Oncologist to the Thunder Bay cancer center at that time to avoid any delays in getting your chemotherapy started.

It may be possible to have your Oncologist in Winnipeg supervise your chemotherapy. Please discuss this with your Manitoba Oncologist as you will have to travel to Winnipeg for your treatments and pre-chemotherapy lab work.

DRYDEN REGIONAL HEALTH CENTRE

58 Goodall Street Dryden, Ontario

PH: 807-223-8201

Chemotherapy Unit: 807-223-8201 ext. 1288 located on the main floor of the hospital

Diagnostic Imaging: (CT scan, x-ray, ultrasound) 807-223-8201 ext. 1225

Parking: In front hospital parking lot and parking lot by the Dingwall Ford Family Health Team. Machine uses toonies or loonies. It is a two dollar daily fee. You are not charged by time.

Where do I go first?: Check with the information desk at the front entrance lobby for direction.

What to Bring:

- Any pills needed for your chemotherapy therapy or injections if it's part of your particular chemotherapy routine, and you would need to take them while you are there or travelling.
- A list of all medications and supplements that you are taking. This includes over the counter drugs.
- Health Card

- Travel Grant

LAKE OF THE WOODS DISTRICT HOSPITAL KENORA

21 Sylvan Street

PH: 807-468-9861

Chemotherapy Unit: 807-468-9861 Ext 2415, located on the **3RD FLOOR** of the hospital.

Diagnostic Imaging :(CT scan, x-rays, ultrasound, mammograms, etc.) 807-468-9861 Ext 2201

Parking:

Look for the “OUT PATIENT” parking lot. Keep your parking ticket from the machine with you as you will **NEED TO PAY** for your parking before you leave the building **INSIDE** the hospital LOBBY/EMERGENCY ENTRANCE at a machine. If you forget you will need to go back into the building before you can get out. The machine takes cash, credit card, and Interac.

Rates: First 30 minutes-\$2.00, Second and Third 30 minutes-\$1.00, after that it is 75 cents per 30 minutes up to a maximum of \$8.00 per day.

Where do I go first? You must go to admitting to be registered which is at the LOBBY/EMERGENCY ENTRANCE before going up to the chemotherapy unit.

What to Bring:

- Any pills needed for your chemotherapy therapy or injections if it's part of your particular chemotherapy routine, and you would need to take them while you are there or travelling.
- A list of all medications and supplements that you are taking. This includes over the counter drugs.
- Health Card
- Travel Grant
- Mask that covers nose and mouth

MEDICATION AND PHARMACY

PHARMACIST'S ROLE

Pharmacists can provide you and your family with information about:

- chemotherapy drugs:
 - injections given by the nurse in the Cancer Centre
 - chemotherapy pills taken by mouth at home
- side effects of chemotherapy and management of the symptoms
- potential interactions with other medications
- herbal or natural health products information

CONTACTS

CANCER CARE ONTARIO

<https://www.cancercareontario.ca/en?redirect=true>The Northwest Regional

CANCER CARE PROGRAM

Found at the following link:

<http://www.tbrhsc.net/programs-services/regional-cancer-care/>

THE CANADIAN CANCER SOCIETY

The Canadian Cancer Care Society has lots of helpful information and people you can talk to directly:

<http://www.cancer.ca/en/?region=on>

RED LAKE CANADIAN CANCER SOCIETY VOLUNTEERS

Local Canadian Cancer Society Volunteer, Katherine Greenwood, is available to help you navigate the Canadian Cancer Society system and help you with finding services and resources, including travel. Please call her anytime at:

Katherine Greenwood **807 728 0959**

RED LAKE FAMILY HEALTH TEAM SOCIAL WORKER:

The Red Lake Family Health Team has a social worker you can book an appointment with that can help you with the legal and financial paperwork and navigation regarding appointments and affairs. We strongly encourage each person to have one appointment with a social worker to understand their role in helping you now or in the future.

RED LAKE CLINIC: **727-2617 EXT. 259** RED LAKE HOSPITAL:

Once you receive a cancer diagnosis from any doctor, especially if you may need chemotherapy or radiation or you are unsure of what your cancer treatments will be, please call Clinic Coordinator/chemotherapy nurse at: **727-3812** to book an appointment with her to ask your questions and discuss your cancer treatments.

THE RED LAKE FUNERAL CHAPEL

For questions regarding funeral services call **727-2029**

FINANCES

Suggestions for support during financial stress



- Review all income programs that might be available to you. Make note of eligibility such as income, assets and the definition of disability.
- Reach out to sources of support and guidance such as others living with cancer, various government and community programs, and your government representatives locally, provincially or federally.
- Talk to your doctor about financial support programs that will require proof of your illness and proof that you meet their qualifying medical criteria. Ensure your doctor will help you with forms and paperwork.
- Set up a support team of friends, family and professionals to help you with things like dealing with medical staff, government programs, and applications.
- Keep your medical receipts for drugs, travel and meals out of town in case you need them at a later date.
- Keep track of key dates so that you can submit things on time. Be aware that some programs may not work as quickly or smoothly as you'd like.
- Don't be afraid to ask. All questions are important and people are there to help.

There may also be financial assistance for a loved one that is currently traveling and caring for you.

EMPLOYMENT INSURANCE COMPASSIONATE CARE BENEFITS

If you need to take time off work to provide care or support for a family member who is gravely ill and is at risk of dying within six months, you may be eligible for compassionate care benefits for up to six months.

[Learn more about Employment Insurance Compassionate Care Benefits.](https://www.canada.ca/en/services/benefits/ei/caregiving.html)

<https://www.canada.ca/en/services/benefits/ei/caregiving.html>

TIPS:

Keep all receipts ALL, both you and your companions can claim receipts on your income tax, which will help ease the financial stress.

Ask your Oncologist if any treatments can be done closer to home as there may be a closer hospital that would decrease some travel time and stress.

Ensure you are informed about how you will potentially feel after every appointment, so you have a better idea of whether you should stay the night and if you will want your accommodations closer to the hospital.

INFORMATION FOR NORTHWESTERN ONTARIO FAMILIES TRAVELLING FOR MEDICAL CARE

***NOTE:** The information provided is not an all-inclusive list for the areas listed. This list is being provided as a community service and the North West LHIN accepts no responsibility for the suitability or any activities related to a stay at any of the accommodations listed.

As well, the information listed may not reflect the most up to date pricing or contact information and prices are not guaranteed.

To ensure you are provided a preferred rate for any accommodation ask for a hospital preferred rate upon requesting information.

LOCATION	COST	INFORMATION	CONTACT INFORMATION
THUNDER BAY			

General list		<input type="checkbox"/> https://tbrhsc.net/home/information-services/coming-thunder-bay/ for a list of suggested overnight accommodations within the Thunder Bay area.	<input type="checkbox"/> List provided by Thunder Bay Regional Health Sciences Coming to Thunder Bay
Tbaytel Tamarack House	<input type="checkbox"/> \$50/night for two people <input type="checkbox"/> Extra \$25/person for a max of four people	<input type="checkbox"/> Cancer Lodge (Canadian Cancer Society) For all cancer patients coming from outside of Thunder Bay <input type="checkbox"/> Extended to other patients as space allows	<input type="checkbox"/> Contact Supportive Care services of the Thunder Bay Regional Health Sciences Centre Cancer Clinic for more information <input type="checkbox"/> (807) 684-7799
Wequedong Lodge	<input type="checkbox"/> Adult: \$137/day; includes three meals <input type="checkbox"/> Child: \$124.56/day; includes three meals <input type="checkbox"/> Child (ages 2-6 years): \$111.06/day, includes 3 meals <input type="checkbox"/> Infants (under 2): \$96.06/day	<input type="checkbox"/> For all Indigenous people, both on and off reserve, who require accommodations	<input type="checkbox"/> http://www.weqlodge.org/ <input type="checkbox"/> (807) 623-1432
LONDON			
General list		<input type="checkbox"/> Click here for a list of suggested overnight accommodations within the London area.	<input type="checkbox"/> List provided by London Health Sciences Centre- Where to Stay in London
The Residence Inn	<input type="checkbox"/> \$25/night; maximum occupancy of two	<input type="checkbox"/> For London Regional Cancer Program patients	<input type="checkbox"/> www.residenceinn.marriott.com (519) 685-8656

Ronald McDonald House	<ul style="list-style-type: none"> ☐ For families with sick children ☐ The actual cost to operate a room varies between \$50 and \$100 a night 	<ul style="list-style-type: none"> ☐ Ronald McDonald Houses across Canada give families a place to stay close to the hospital where their child is being treated ☐ Families either stay at no cost or are asked to make a donation up to \$25 per day, depending on the house ☐ However, payment is never expected for those who cannot afford it 	<ul style="list-style-type: none"> ☐ www.rmhlondon.ca ☐ (519) 685-3232
St. Joseph's Health Care London Guest House	<ul style="list-style-type: none"> ☐ Single (one twin bed) - \$30/ night ☐ Double (two twin beds) - \$35/ night 	<ul style="list-style-type: none"> ☐ Rooms close to St. Joseph's Hospital and Mount Hope Centre for Long Term Care. 	<ul style="list-style-type: none"> ☐ (519) 646-6100 ext. 66021
London Guest Home	<ul style="list-style-type: none"> ☐ Free (donations accepted) 	<ul style="list-style-type: none"> ☐ Non-profit organization providing accommodation for patients undergoing treatment and/or their families. 	<ul style="list-style-type: none"> ☐ (519) 439-4663
HAMILTON			
General list		<ul style="list-style-type: none"> ☐ Click here for a list of suggested overnight accommodations within the Hamilton area 	<ul style="list-style-type: none"> ☐ (905) 522-1155 ext. 33263 ☐ List provided by St. Joseph's Healthcare Hamilton
Mark Preece Family House	<ul style="list-style-type: none"> ☐ \$50/night 	<ul style="list-style-type: none"> ☐ For patients being treated at Hamilton General, Juravinski, St. Joseph's and St. Peter's hospitals 	<ul style="list-style-type: none"> ☐ www.markpreecehouse.ca ☐ info@markpreecehouse.ca ☐ (905) 529-0770

<p>Ronald McDonald House</p>	<ul style="list-style-type: none"> ☐ For families with sick children \$50-\$100/night 	<ul style="list-style-type: none"> ☐ Ronald McDonald Houses across Canada give families a place to stay close to the hospital where their child is being treated Families either stay at no cost or are asked to make a donation up to \$25 per day, depending on the house However, payment is never expected for those who cannot afford it. 	<ul style="list-style-type: none"> ☐ (905) 521-9983 ☐ www.rmhcscsco.ca/about-us/contact
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TORONTO

<p>Princess Margaret Center</p>	<ul style="list-style-type: none"> ☐ Reasonable rate 	<ul style="list-style-type: none"> ☐ Cancer Centre Lodge-. It is a self-care facility for people who can manage their own personal care and medications. Family members can stay at the Lodge with you if space permits. There is a fee for family members who stay at the Lodge. 	<ul style="list-style-type: none"> ☐ Main Line: (416) 413-7400 ☐ Booking Office: (416) 413 7402 Fax: (416) 413 7418 ☐ www.uhn.ca/PatientsFamilies/Patient_Services/Pages/places_to_stay.aspx
	<ul style="list-style-type: none"> ☐ Varies 	<ul style="list-style-type: none"> ☐ Toronto Furnished Apartments for your Medical Stay near Hospitals: for recovering patients and their caregivers. 	<ul style="list-style-type: none"> ☐ www.delsuites.com/hospitals_stays.php
<p>University Health Network patients</p>	<ul style="list-style-type: none"> ☐ Varies 	<ul style="list-style-type: none"> ☐ Toronto Western, Toronto General, Princess Margaret, Toronto Rehab, Michener Institute 	<ul style="list-style-type: none"> ☐ uhn.ca/PatientsFamilies/Patient_Services/Documents/Corp_PF_Services_AccommodationList.pdf

<p>Ronald McDonald House</p>	<ul style="list-style-type: none"> ☐ For families with sick children ☐ \$50-\$100/night 	<ul style="list-style-type: none"> ☐ Ronald McDonald Houses across Canada give families a place to stay close to the hospital where their child is being treated. Families either stay at no cost or are asked to make a donation up to \$25 per day, depending on the house ☐ Payment is never expected for those who cannot afford it 	<ul style="list-style-type: none"> ☐ (416) 977-0458 ☐ info@rmhctoronto.ca
<p>SickKids</p>	<ul style="list-style-type: none"> ☐ Varies 	<ul style="list-style-type: none"> ☐ Short-term accommodation list ☐ Long-term accommodation list 	<ul style="list-style-type: none"> ☐ To book a reservation, please contact the hotel directly
TRAVEL			
<p>Hope Air</p>	<ul style="list-style-type: none"> ☐ Hope Air provides flights to those in medical need, with no cost to the patient. 	<ul style="list-style-type: none"> ☐ Hope Air relies on referrals from medical professionals for their patients who do not have the financial means to afford the cost of air travel for medical care ☐ Last year Hope Air provided over 900 free flights for low-income patients from Northern Ontario who were in need of medical care services far from home 	<ul style="list-style-type: none"> ☐ The travel request application is made online or by calling 1-877-346-4673 For more information about Hope Air please visit: www.hopeair.ca