



Aplastic Anemia
&
Myelodysplasia
ASSOCIATION OF CANADA

education education education
support support support
research research research



Your Health GPS Navigational System

AAMAC Education Day

October 4, 2008

Margery Konan & Caroline Laughlin



What are the challenges you face in navigating your health care journey?

- **BRAINSTORM**

- Anyone who has an idea can share it.
- We won't comment positively or negatively on anyone's ideas.
- We'll get as many ideas as possible on the list, then review & discuss them at the end.



Navigational GPS



Use your Health GPS when you journey to new places

- Assess where you are today
- Ask for directions!



Use your Health GPS when you journey to new places

- “Map” out your journey, week by week
 - Action-specific
 - What?
 - When?
 - How often?
 - “On a scale of 0 to 10, how confident am I that I will be able to complete this plan?”



Use your Health GPS when you journey to new places

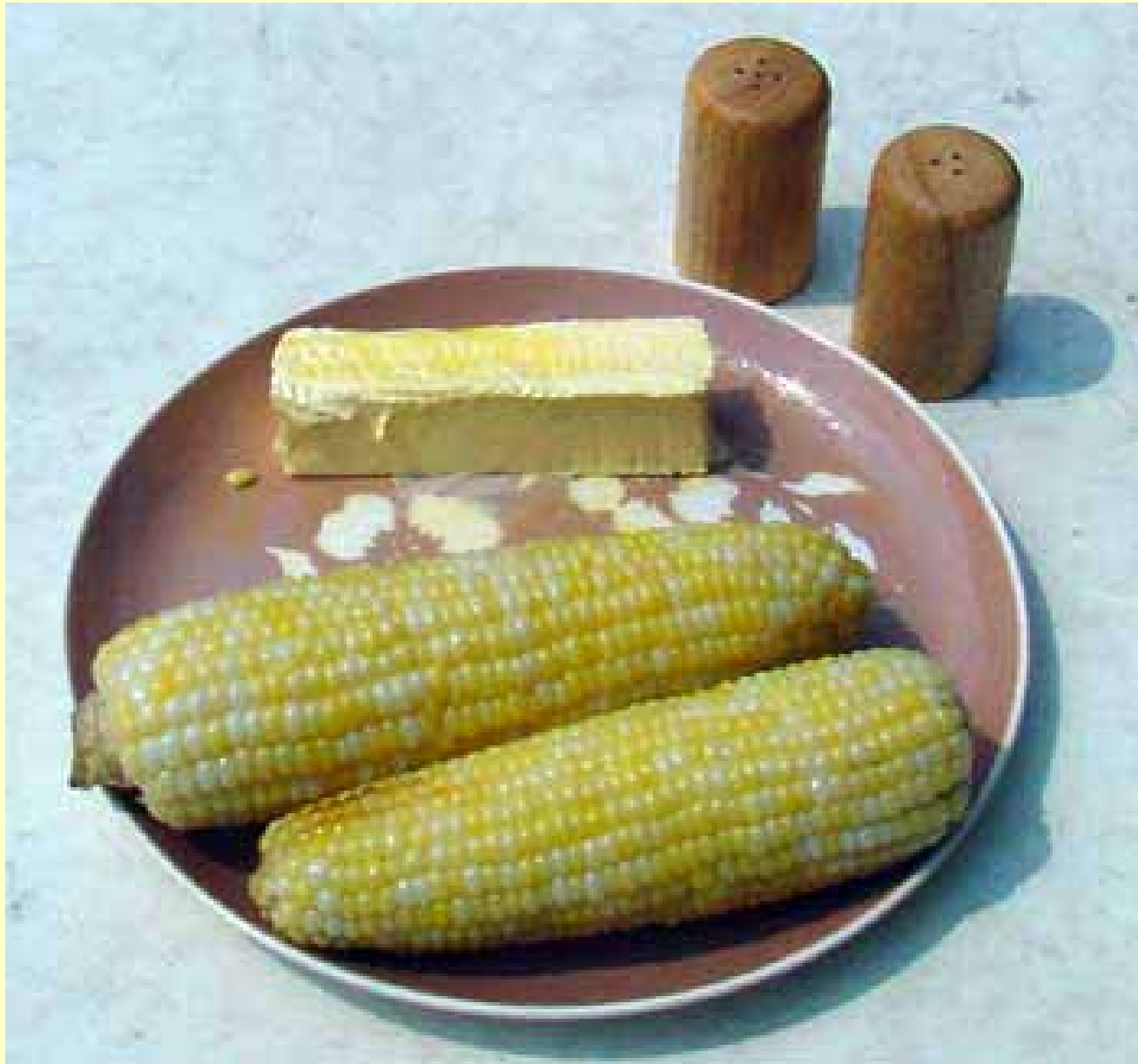
- Choose YOUR preferred route from A to B (most convenient/ most scenic/ fewest tolls/ most direct)
- Appreciate the points of interest along the way
- Apply new tools to navigate your health journey



Your Health GPS: G is for...

- Getting bad news...
- Getting the facts
 - Asking for copies of test results
 - Reading & research studies
 - Connecting with others in a similar situation (AAMAC)
 - Writing your questions
 - Taking a friend with you to your appointments or tape record (with permission)





GPS: G...

- Good Life – making the most of each day, focus on things you enjoy, use humour
- Guided Imagery – set the scene. Use music, draw, dance, relax, massage, visualize



Your Health GPS: P is for...

- Physician
 - Find one who knows about your condition
 - Has treated others... how many?
 - Connected to best hospital to treat & manage the condition
- Putting your program together



GPS: P...

- Pathway has ups & downs
- Positive Thoughts
- Problem-Solving



Problem-solving with our challenges

- BRAINSTORM
 - Identify the problem
 - List as many possible solutions as you can
 - Choose one to try for a couple of weeks
 - If it doesn't work, try another possible solution from your list



Your Health GPS: S is for Survival

- Social worker
- Self talk
- Stress management
- Sleep
- Surround yourself with positive people



Visualize... Achieving your Health Plan

Please join us in a visualization exercise.

Close your eyes... relax... breathe deeply...



Recap of GPS strategies

- Planning
- Guided Imagery
- Laughter
- Physical Activity
- Music
- Positive Thinking
- Asking for Help
- Communication
- Talking with Friends
- Art Therapy
- Muscle Relaxation
- Asking Question
- Problem-Solving
- Spiritual Practices



Resources to guide you

- Aplastic Anemia & Myelodysplasia Association of Canada www.aamac.ca; 905-780-0698 or 1-888-840-0039
- Navigating Canada's Health Care: A User Guide to Getting the Care You Need by Michael Decter & Francesca Grosso
- Living a Healthy Life with Long-Term Conditions by Kate Lorig et.al.
- Ontario Telehealth
1 866 797 0000

