

First Days After Diagnosis

A checklist for the first week, one step at a time.

Right Now:

- ☐ Give yourself permission to pause and feel whatever comes up
- ☐ Save the contact info for a social worker or care coordinator, if you have one: _____
- ☐ Write down your questions and reactions before they slip away (space below)
- ☐ Ask your medical team who your main point of contact will be going forward

This Week:

- ☐ Confirm any follow-up appointments and who will go with you
- ☐ Identify one person who can help with practical things (rides, meals, other kids)
- ☐ Start a simple folder, paper or digital, for records and paperwork
- ☐ Write down questions for your care team or care coordinator:

What Can Wait:

- ☐ Researching every detail right away
- ☐ Making long-term decisions
- ☐ Telling everyone at once, it's okay to share on your own timeline

You don't have to figure everything out today, and you don't have to do it alone. If you don't already have a social worker or care coordinator, Ward's Foundation Crisis Navigation program is here to help.