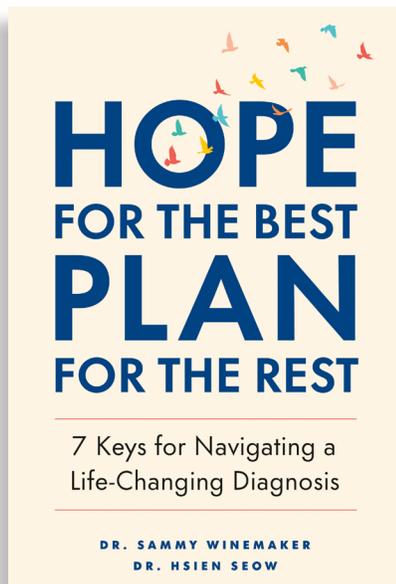


# HOPE FOR THE BEST, PLAN FOR THE REST

## 7 Keys for Navigating a Life-Changing Diagnosis

DR. SAMMY WINEMAKER & DR. HSIEN SEOW

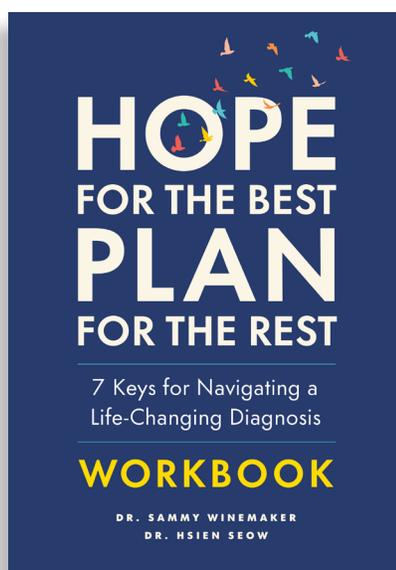


### The essential guide for every patient and family

The doctor's office called. It's not good news. What comes next? When you are diagnosed with a life-changing illness, it can be overwhelming. While your diagnosis cannot be changed, the way you experience your illness can.

In *Hope for the Best, Plan for the Rest*, Dr. Hsien Seow and Dr. Sammy Winemaker have combined their decades of palliative care research and experience in caring for seriously ill patients. They have harnessed the advice of thousands of patients to create a roadmap that every patient and family will benefit from. In it, they share the 7 keys to unlock a better illness experience and reveal stories, tips, and exercises to improve your journey right from diagnosis. These two compassionate experts empower you with practical tools to take charge of your life-changing diagnosis and navigate the health care system with confidence, knowledge, and calm.

This book is about hope in the face of uncertainty. It's about how to live well, be fully informed, and be activated. How to feel more like a person, not a patient. But most of all, how to be hopeful and prepared at every step along the way.



### The essential workbook for every patient and family

This workbook is designed to empower individuals facing a life-changing illness by helping them navigate care with confidence. Based on the best-selling book *Hope for the Best, Plan for the Rest: 7 Keys for Navigating a Life-Changing Diagnosis*, it guides patients and families through actionable steps to make informed decisions and have more choice and control.

Readers of this workbook will learn how to do the following:

- **Take Control:** Advocate for themselves and make their illness journey more personalized.
- **Communicate Better:** Express priorities clearly and ask meaningful questions to health care providers.
- **Use the Seven Keys:** Apply practical steps to improve their illness experience.
- **Plan Collaboratively:** Strengthen relationships with family, caregivers, and health care teams.
- **Stay Hopeful:** Balance planning for the future with maintaining hope.



**DR. SAMMY WINEMAKER** is a palliative care physician who cares for patients with serious illness and their families in the home. She is an associate professor at McMaster University in the Department of Family Medicine, Division of Palliative Care. She has won numerous awards for her leadership and palliative care education for health care professionals.



**DR. HSIEN SEOW** is the Canada Research Chair in Palliative Care and Health System Innovation and a professor in the Department of Oncology at McMaster University. He publishes health care research focused on improving the patient and family experience for those facing serious illness. He was inducted as a member of the Royal Society of Canada's College of New Scholars, Artists and Scientists.

**HOPE FOR THE BEST,  
PLAN FOR THE REST**

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