



Finding Resources in Your Community

When you or a loved one is facing cancer, difficult concerns and decisions come up. However, there are support services to help you cope with many of the problems that occur. The first step is learning about the kinds of services available.

WHAT KIND OF HELP CAN I GET?

- **GENERAL INFORMATION:** Many cancer organizations (such as CancerCare) provide a wide range of information on different types of cancer, as well as information on treatment decisions, clinical trials and side effect management.
- **EMOTIONAL SUPPORT:** Cancer can make you feel lonely, scared or distressed. Counseling, support groups, patient-to-patient networks, and other types of support are available to help you cope with these emotions.
- **FINANCIAL NEEDS:** There are companies and organizations that help cancer patients with medical billing, insurance coverage, and reimbursement.
- **TRANSPORTATION NEEDS:** Many people have trouble getting to medical appointments during and after treatment. In many communities, transportation services are available to help you.
- **HOUSING/LODGING:** Some organizations provide lodging for families of a patient undergoing treatment, especially if the patient is a child.
- **CHILDREN'S SERVICES:** There are organizations that provide services for children with cancer or children who have a family member with cancer. These include counseling, summer camps, and "make-a-wish" programs.
- **HOME HEALTH CARE/HOSPICE:** Home health care is for patients who no longer need to be in the hospital, but still require skilled care at home. Hospice care focuses on the special needs of terminally ill cancer patients.

How Do I Find These Resources?

Often, the services that people need are in their own neighborhood or easily accessible. Here are some helpful tips on where to get started:

- ❖ **CancerCare's free resource guide, *A Helping Hand*:** This guide lists more than 100 pages of national organizations that can help you. CancerCare's staff also works with you to find helpful resources in your community. Call us at **1-800-813-HOPE (4673)**.
- ❖ **Your health care team:** Doctors, nurses and social workers can provide information about your medical condition, pain management, rehabilitation, home nursing and hospice care.
- ❖ **Hospitals:** Hospital social workers and discharge planning coordinators are great resources for information about counseling, home care, transportation and childcare.
- ❖ **Public library:** Public libraries and libraries at cancer centers are excellent sources of information. Ask the librarian to help you find books/articles about your concerns.

- ❖ **Local churches, synagogues, YMCA, YWCA or fraternal orders:** Many of these places provide volunteers for transportation or home care.
- ❖ **Local/county government:** Local governments often offer low-cost transportation. Also, government agencies can give you information on Social Security, state disability, Medicaid, income maintenance, and food stamps.
- ❖ **Internet:** There is an enormous amount of information on the internet. To make sure you're following reliable information, ask your doctor, nurse or social worker to recommend websites, or visit those listed in *A Helping Hand*.

Here are three important agencies that guide you to resources in your local community:

1. **United Way:** Find your local United Way at <http://national.unitedway.org>
2. **Area Agencies on Aging:** 1-800-677-1116 or www.eldercare.gov
3. **American Cancer Society:** 1-800-227-2345 or www.cancer.org

CancerCare Can Help

CancerCare's staff of professional oncology social workers can help you find resources in your community. Our social workers offer people with cancer and their loved ones counseling and support groups over the telephone, online, or in person. CancerCare also offers education, practical help, and referrals to other resources that can help you cope with a cancer diagnosis.

The CANCERcare® Constellation of Services



CancerCare's services are provided free of charge to anyone affected by cancer

1-800-813-HOPE (4673) • www.cancercare.org