



CANCERcare®

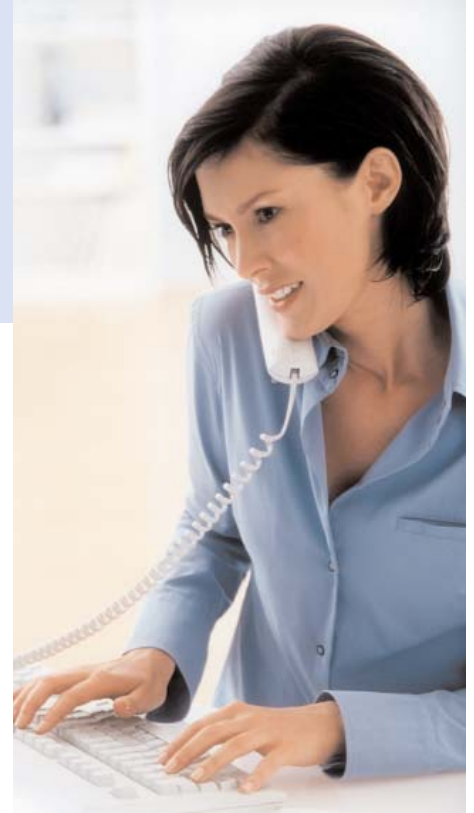
1-800-813-HOPE (4673)

Email info@cancercaare.org

Web www.cancercaare.org

Finding Resources in Your Community

A cancer diagnosis raises many challenges and concerns. However, there are support services to help you cope with many of the issues that may come up. This fact sheet describes the kinds of services available to people with cancer and their loved ones, and how you can find the help you need.



“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 options, 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.

Help with financial needs: There are companies and organizations that help people with cancer and their families with medical billing, insurance coverage, and reimbursement.

Transportation assistance: 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 services: 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 cancer patients who are terminally ill.

(over)

“HOW DO I FIND THESE RESOURCES?”

Often, the services you need can be found in your own neighborhood or are easily accessible. Here are some places to start with:

- **CancerCare:** Our free booklet, *A Helping Hand: This Resource Guide for People With Cancer* lists more than 200 national organizations that provide assistance. We can also help you find helpful resources in your own community.
- **The health care team:** Doctors, nurses and social workers can provide information about the 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 child care.
- **Public library:** Public libraries and libraries at cancer centers are excellent sources of information. Ask the librarian to help you find books or 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 finding reliable information, ask your doctor, nurse or social worker to recommend websites, or visit those listed in our guide *A Helping Hand*.
- **United Way** (find your local United Way at <http://national.unitedway.org>), **Area Agencies on Aging** (1-800-677-1116 or www.eldercare.gov) and the **American Cancer Society** (1-800-227-2345 or www.cancer.org): These important agencies can guide you to resources in your local community.



CancerCare Can Help

CancerCare's staff of professional oncology social workers can help you find resources in your community. We provide free counseling and support groups over the telephone, online, or in person. CancerCare also offers education, practical help, and financial assistance to those who qualify. To learn more about how we help, call us at **1-800-813-HOPE (4673)** or visit www.cancercare.org.

