

CANCER SUPPORT RESOURCE GUIDE

A resource guide for people with cancer



Created with permission to distribute by:

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Please note many of these resources vary by State, so please check with your local agencies and organizations for regulations and options in your area.

Table of Contents

Emotional Support Resources.....	4
Social Support Resources.....	5
Physical Support Resources.....	7
Spiritual Support Resources.....	9
Practical Support Resources.....	10
Financial Support Resources.....	14

Emotional Support Resources

CancerCare www.cancercares.org

CancerCare provides counseling, support groups, education, publications and financial and co-payment assistance.

American Cancer Society www.cancer.org

ACS provides support to patients and their families through advocacy, research, and patient support, to ensure that everyone has an opportunity to prevent, detect, treat, and survive cancer.

Crossroads4Hope, A Network of Cancer Support www.crossroads4hope.org

Crossroads4Hope provides individual and group support, Mind/Body programs like yoga and meditation, child life specialists and nutritional support to people with cancer and their loved ones completely free of charge.

Susan G. Komen www.komen.org

Susan G. Komen's breast care helpline offers free support, financial assistance, and education about breast cancer risks, prevention, and treatment.

Cactus Cancer Society www.cactuscancer.org

Cactus Cancer Society provides a safe space where young adults (ages 18-45) facing cancer can connect, cope, and thrive with one another in an online community through creativity and expression.

Cancer Hope Network www.cancerhopenetwork.org

Cancer Hope Network provides personalized and supportive connections at any point in a cancer journey by connecting you and your loved ones with trained Peer Mentors who've walked a similar path.

For those with insurance, you can call the phone number on the back of your insurance card to obtain a list of mental health providers in your network for more support.

Social Support Resources

Caregivers

Respite Care provides caregivers with temporary relief from their caregiving duties. Each state or county may have various Area Agencies on Aging or Aging and Disability Offices – research resources in your local area that may cover respite care. You can use the [Eldercare Locator](#) to find services in your area by entering your zip code.

Paid Caregiver Leave

Some states offer paid leave for caregivers who need to take time off to provide support and care for a loved one. Contact your [local state labor office](#) to see if you may be eligible in your area.

Get paid to be a caregiver

If the person with cancer has Medicaid insurance, his or her caregivers may be eligible to be paid for their caregiving duties. Contact your [local Medicaid office](#) to see if you may be eligible.

Family Medical Leave Act (FMLA) www.dol.gov/agencies/whd/fmla

FMLA is a federal law that allows for individuals or their family members to take off from work for up to 12 weeks with job and insurance protection due to the patient's medical condition. FMLA is unpaid time off from work, so some people (depending on the state and their work history) may be eligible for short-term disability benefits. Generic federal forms can be found on the website listed above, but some employers request specific forms to be completed. A patient or family member should ask their job about FMLA benefits and request the needed paperwork.

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Crossroads4Hope provides individual and group support, Mind/Body programs like yoga and meditation, child life specialists and nutritional support to people with cancer and their loved ones completely free of charge.

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Support for Children

Crossroads4Hope, A Network of Cancer Support www.crossroads4hope.org

Crossroads4Hope provides emotional support for people with cancer and their loved ones with Certified Child Life Specialists available to help guide parents with cancer and their children.

Wonder and Worries Helpline www.wondersandworries.org

Wonders and Worries provides parents with tools and strategies to support their children and facilitate coping for children as they navigate their parents' illness.

Pickles (Kids Supporting Kids) www.picklesgroup.org

Pickles provides free peer-to-peer support and resources for kids and teens impacted by their parent's cancer

CancerCare offers free telephone counseling and support to parents who have been diagnosed with cancer. To speak with an oncology social worker for more information about finding the right type of support for your child based on his/her unique needs, call the Hopeline at 800-813-HOPE (4673).

Kesem www.kesem.org

Support services for children who have a parent with cancer, monthly meet-ups and events. Also have a free week-long camp for children age 6-18 who are affected by a parent having cancer

Good Grief www.good-grief.org

Good Grief provides unlimited and free support to children, teens, young adults, and families after the death of a mother, father, sister, or brother through peer support programs, education, and advocacy

Physical Support Resources

Help at Home

Visiting Nurse Services provide nursing care at home, physical therapy, hospice and/or palliative care services. Each state also has multiple visiting nurse agencies who can provide in-home services to those who meet criteria. You can research visiting nurse services in your area to find local agencies or by calling your insurance company.

Home Health Aides provide non-medical care at home and support to individuals for things such as bathing, cooking, cleaning, and help with activities of daily living (ADLs). In many states, Medicaid insurance covers home health aide services. If you do not have Medicaid, you can pay privately for these services at home.

Medical Alert Systems are devices someone can wear at home that will help call emergency services if an emergency occurs, such as a fall or. These services are sometimes covered by Medicaid. Some Medical Alert Systems are Lifeline (www.lifeline.com), Medical Guardian (www.medicalguardian.com) and Life Alert (www.lifealert.com).

Medical Equipment

Call your insurance company to find out Durable Medical Equipment (DME) providers in your insurance network. You can obtain a prescription from your doctor to have equipment covered by your insurance if you meet criteria.

Wigs are sometimes covered by insurance providers. You can call your insurance company to see if a wig or “cranial hair prosthesis” may be covered by your insurance. Some local wig shops may work with insurance companies to help with reimbursement for wigs.

Wigs & Wishes www.wigsandwishes.com

Wigs & Wishes is a non-profit organization that is dedicated to providing wigs & granting wishes to courageous individuals battling cancer.

Verma Foundation www.vermafoundation.org

The Verma Foundation is a national registered 501(c)(3) nonprofit organization committed to giving high-quality cap wigs to cancer patients suffering from hair loss.

EBeauty www.ebeauty.com

Free wigs for women undergoing treatment

Sharsharet www.sharsheret.org

Financial assistance program towards the costs of cool cap, wigs, and permanent tattooing

Mastectomy Bra and Prosthesis items are special bras with insert pockets to place a breast prosthesis for those who have had a lumpectomy or mastectomy. Bras and prosthesis are typically covered by insurance providers. You can also purchase items out of pocket at:

- www.EverYou.com
- www.MastectomyShop.com
- www.Amazon.com (Search “mastectomy bras and prosthesis”)

Free Bras and Prosthesis Services

- Awesome Breast Forms www.awesomebreastforms.org
- Impact One www.impactone.pink/services

Spiritual Support Resources

For Pete's Sake www.takeabreakfromcancer.org

Vacation opportunities for people with cancer and their families.

Mary's Place by the Sea www.marysplacebythesea.org

Mary's Place by the Sea, located in Ocean Grove, NJ, provides wellness retreats to women with cancer free of charge.

Send Me on Vacation www.sendmeonvacation.org

Send Me on Vacation provides breast cancer survivors with emotional healing by sending them on a vacation experience.

Dream Foundation www.dreamfoundation.org

The Dream Foundation serves terminally-ill adults and their families by providing end-of-life Dreams that offer inspiration, comfort and closure.

Memories Live www.memorieslive.org

A Memories Live legacy movie is made at no cost for individuals with life-limiting illnesses. With our assistance, you direct your own movie while Memories Live provides the technical support.

Journaling can also be a powerful way to help people with cancer process their diagnosis and treatment needs. The journal prompts on [The Fifth Element Life](#) may be helpful.

Practical Support Resources

Family Medical Leave Act (FMLA) www.dol.gov/agencies/whd/fmla

FMLA is a federal law that allows for individuals or their family members to take off from work for up to 12 weeks with job and insurance protection due to the patient's medical condition. FMLA is unpaid time off from work, so some people (depending on the state and their work history) may be eligible for short-term disability benefits. Generic federal forms can be found on the website listed above, but some employers request specific forms to be completed. A patient or family member should ask their job about FMLA benefits and request the needed paperwork.

Temporary Disability

Temporary disability is paid time off from work, typically for up to 6 months, while someone is undergoing medical treatment. Individuals can apply for these short-term benefits in conjunction with FMLA. The best way to see if someone is eligible is for the patient to ask their employer or Human Resource Department about what benefits they are entitled to. There is usually an application that needs to be completed and an oncology social worker can assist with completion.

Paid Caregiver Leave

Some states also will pay caregivers who take time off from work to care for a family member during the cancer treatment. The medical leave is similar to short-term disability benefits, but the application process may be different. Look into local resources to see if paid family leave is an option in your state. Patients can also ask their employer or Human Resource Department if this is an option.

Permanent Disability (Social Security Disability) www.ssa.gov

If a patient exhausts their short-term disability benefits and are still unable to return to work due to their medical condition, they can apply for long-term benefits. A patient's eligibility depends on their work history and medical condition. Typically, patients diagnosed with advanced or metastatic cancer are likely to be approved. Patients whose treatment course takes longer than 1 year also may be approved. Patients can apply online, by calling 800-772-1213, or going to a local Social Security Administration office.

Insurance

Medicaid www.medicaid.gov

Medicaid is insurance cover for low-income individuals. There is specific income criteria someone would have to meet to be eligible for Medicaid. The criteria changes varies by state, so please review the criteria for you state to see who may eligible.

Medicare www.medicare.gov

Medicare is insurance coverage for individuals over age 65 or those who have been on Social Security Disability for 24 months or longer. Applicants can enroll in the Medicare benefits by going to the website or calling

Private Insurance from Employer

Individuals may have private insurance through their job or their spouse's job.

Health Care Market Place www.healthcare.gov

If a patient is not eligible for insurance benefits through Medicare, Medicaid, or their job, the patient may be eligible to apply for insurance through the Health Care Market Place.

Charity Care

Charity Care coverage is free or discounted health care that is covered by government funding for patients who meet financial criteria. Many large hospitals have a Financial Services Department who can direct patients to where they can apply for Charity Care.

Food Assistance

Supplemental Nutrition Assistance Program (SNAP)

www.fns.usda.gov/snap/supplemental-nutrition-assistance-program

SNAP benefits, formerly known as “food stamps”, are available to people to help with the cost of groceries. Eligibility varies from state-to-state, but benefits are available in all states.

Food Pantries and Food Banks www.feedingamerica.org

Food pantries and banks provide groceries directly to people at no cost. You can search your area for local services available. You can also reach out to local churches and community centers who also host smaller food pantry events. Some locations may require a referral from the area welfare office to receive food items, so research the criteria in your area.

Meals on Wheels www.mealsonwheelsamerica.org

Meals on Wheels are available in most states which is a pre-prepared meal delivery services for senior citizens and sometimes people with disabilities. You can do a local search for services in your area. Some states also have meal delivery services specifically for people with cancer to

assist during their treatment process, such as Magnolia Meals at Home, which services some areas of New Jersey (www.magnoliamealsathome.com)

Education About Cancer Types and Treatment

American Cancer Society www.cancer.org

American Cancer Society has a wide range of information about various cancer types and recommended treatment explanations.

Oncolink www.oncolink.org

Oncolink has many resources about different cancer types, treatment, coping, and survivorship.

Child Care

Check with local welfare and Board of Social Services to see what programs exist in your state.

Mom Bomb www.mombomb.org

Grants available for mothers for support with housekeeping, meals, laundry, and childcare.

Transportation

American Cancer Society Road to Recovery 800-227-2345

The American Cancer Society Road To Recovery program provides free rides to cancer-related medical appointments. Their trained volunteer drivers can pick you up, bring you to your appointment, and drop you off at home.

Teal Tea Foundation www.tealtea.org

Transportation funding covers round trip expenses for qualified medical office follow up visits related to cancer treatment up to \$500.00 per person per calendar year for women with ovarian or gynecological cancers.

Fertility Preservation

Livestrong Fertility www.livestrong.org/how-we-help/livestrong-fertility

Livestrong can help provide information about fertility options and assist with the financial costs of fertility preservation.

Take Charge www.mycancerfertility.org

Take Charge helps guide people with cancer through fertility options and support.

Miscellaneous

Cleaning Services www.cleaningforareason.org

Free cleaning services for patients undergoing treatment for cancer. Cleaning for a Reason contracts with local cleaning companies to provide up to 2 free cleanings for a patient in need.

Cancer and Careers www.cancerandcareers.org

Cancer and Careers empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events.

Triage Cancer www.triagecancer.org

Triage Cancer provides practical and legal support for those during a cancer diagnosis.

Financial Support Resources

Family Reach www.familyreach.org

Various funding available periodically for all different types of cancer and medical conditions. Check back often to see what funding is available.

Cancer Cartel www.cancercartel.org

Grants for patients currently undergoing treatment or are within 12 months of a cancer diagnosis. The application must be completed by an employee of the cancer center where the patient is being treated. Grants open once a month at a specific time so make sure you plan ahead.

Patient Advocate Foundation www.patientadvocate.org

Grants available for various types of cancer and other medical conditions. Some are limited to certain ages or locations. Check back often to see what funding is available.

Brights Grant www.brightspotnetwork.org

Grants for cancer patients caring for children under the age of 6 during treatment

Dayforce Cares www.dayforcarecares.com

Grants for a wide range of basic necessities, including clothes, food, and some medical expenses

SamFund www.expectmiraclesfoundation.org

Grants for young adults age 21 to 39 who have completed medical treatment for cancer

Allyson Whitey Foundation www.allysonwhitney.org

Grants for young adult between the ages of 16-36 diagnosed with a 'rare' cancer

Join the Flock www.jointheflockinc.org

Grants for patients based on online nomination forms that can be submitted by patients, caregivers, and medical staff

Selma Schimmel Vital Grant www.vitaloptions.org

Grants for patients with cancer or chronic, long-term conditions

Breast Cancer Funds

Living Beyond Breast Cancer www.lbbc.org

Grants for patients undergoing treatment for breast cancer who meet financial eligibility of income under 400% of the Federal Poverty Level. Applications open every other month on a specific day and time to make sure you plan ahead.

United Breast Cancer Foundation Individual Grant www.ubcf.org

Grants for individuals with breast cancer undergoing treatment or within 3 years of completing treatment

Infinite Strength www.infinitestrength.org

Grants towards rent or mortgages for single mothers with metastatic breast cancer

Komen Assistance Program www.komen.org

Grants paid directly to breast cancer patients who were diagnosed with breast cancer in the past 24 months or are living with metastatic breast cancer

Christina S. Walsh Breast Cancer Foundation www.christinaswalshbcf.org

Programs include: support & treatment for uninsured patients, medications and tests not covered by insurance, wigs, transportation to and from treatment, and other financial needs of by breast cancer patients

Remember Betty www.rememberbetty.com

Grants available to patients with breast cancer. Applications are only accepted between the 1st and the 7th of each month.

The Pink Fund www.pinkfund.org

Grants to provide short-term financial aid to breast cancer patients in active treatment. Payments are made directly to a household expense, such as non-medical bills, rent, car payment, etc.

Angela Andrade Foundation www.angelaandrdefoundation.blogspot.com/

Grants for metastatic breast cancer patients undergoing treatment

Sharsharet www.sharsheret.org

Financial assistance program towards the costs of cool cap, wigs, and permanent tattooing

Pancreatic Cancer Funds

Project Purple www.projectpurple.org

Grants paid directly towards a household bill for patients diagnosed with pancreatic cancer. Must be in treatment or experiencing post-treatment complications

National Pancreatic Cancer Foundation www.npcf.us/financial-assistance

Grant for patients diagnosed with pancreatic cancer. Must be completed by a member of the healthcare team using their system to submit an application

Hirshberg Pancreatic Program www.pancreatic.org/patients-caregivers/financial-aid

Financial assistance for those with pancreatic cancer undergoing treatment who meet financial criteria. To apply, please call Cancer Care at (800) 813-4673 and ask for the Hirshberg Pancreatic Program.

Colorectal Cancer Funds

Colorectal Cancer Alliance www.ccalliance.org

Grant for patients undergoing treatment for colorectal cancer

Leukemia and Lymphoma Funds

Leukemia and Lymphoma Society www.lls.org

Various types of grants for patients with leukemia and lymphoma

Brain Cancer Funds

Mission 4 Maureen www.mission4maureen.org

Grants for patients diagnosed with brain cancer or a brain tumor

Copayment Assistance

Some organizations provide assistance with copayments for medical treatment, mainly for copays associated with chemotherapy treatments. The funding changes often so check the websites frequently to see what is available and the specific applicant criteria.

Cancer Care www.cancercare.org/copayfoundation

PAN Foundation www.panfoundation.org

Patient Advocate Foundation www.copays.org

Health Well Foundation www.healthwellfoundation.org

Please also refer to the information about insurance and disability benefits under Practical Support Resources.