

# Oncology Resources



# Contents

American Cancer Society	04
Cancer Support Community	06
Patient Advocate Foundation	07
findhelp.org	08
CancerCare	09
Triage Cancer	10
CaringBridge	11
Cancer and Careers	12
Healthy Lifestyle Resources	13



# A Helping Hand: A Guide to Resources for Persons With Cancer And Their Families

Facing a cancer diagnosis can be overwhelming, but you don't have to navigate it alone. Carrum Health has created this guide as a companion for your journey, offering you a curated list of trusted resources and support organizations to help you find the information, assistance, and understanding you need. From emotional support resources to information about financial aid programs, we've created this guide to help you understand your options and find the support you need.

## Your Carrum Health Benefit

At Carrum Health, we're committed to providing you with the best possible treatment and support. We work with the country's leading cancer centers, ensuring you receive personalized care based on the latest research and tailored to your unique needs.

Every cancer is different, and the right treatment can make all the difference. With Carrum Health, you have access to teams of experts, including cancer care nurse navigators who can answer questions.

For more information, call us today at 888-855-7806, or [activate your account](#).





# American Cancer Society

[Website](#)

Phone # 800-227-2345

## Services Include

### 24/7 Cancer Helpline

Our 24/7 cancer helpline provides support for people dealing with cancer. We can connect you with trained cancer information specialists who will answer questions about a cancer diagnosis and provide guidance and a compassionate ear.

### Lodging During Treatment

For cancer patients, getting the right treatment sometimes requires traveling away from home. Lodging expenses can present a significant financial barrier to receiving lifesaving treatment, and financial barriers are known to contribute to disparities in cancer outcomes. We help remove that financial barrier through our Hope Lodge® program, lodging grants to local healthcare system partners, and a partnership with Extended Stay America.

### Navigation Support

If you or someone you love has been diagnosed with cancer, deciding what's next can be overwhelming. ACS CARES™ (Community Access to Resources, Education, and Support) is a new patient and caregiver support program that connects people with quality curated information and one-on-one support.

### Risk and Prevention

- Free smoking cessation support
  - Get help quitting tobacco smoking through the “Empowered to Quit” Program. Enter personal information, and ACS will give you personalized resources on how to pick your quit day
- Genetics
  - Education on genetic testing
- Diet and physical activity
  - Educational videos, quizzes, and calculators for diet recommendations (like alcohol consumption)
- Sun safety
  - Educational quizzes, articles, and videos

### Rides to Treatment

If transportation to treatment is a concern, we may be able to help. In some communities, our Road To Recovery volunteer drivers provide rides to patients who have no way to get to their cancer treatment. We also provide transportation grants to local healthcare systems partners so they can provide transportation assistance to their patients.

### Connecting Cancer Survivors

The Cancer Survivors Network provides a safe online connection where cancer patients and caregivers can find others with similar experiences. You can participate on discussion boards, join a chat room, and build your own support network.



## **Breast Cancer Support**

If you have breast cancer, you may want to connect with someone who knows what you're feeling – someone who has “been there.” Through our Reach To Recovery website and app, you can connect with a trained volunteer who is a breast cancer survivor.

## **General cancer information and diagnosis specific information**

Articles about different types of cancers, including breast, colon, prostate, lung, and skin cancers, as well as cancer in children: The causes, risk factors, and treatment options after diagnosis.

## **Hair Loss and Mastectomy Products**

Cancer and cancer treatment can alter a patient's appearance. Our EverYou, formerly “tlc” Tender Loving Care, program offers affordable wigs, hats, scarves, and mastectomy products.

## **Caregiver Resource Guide**

This resource can help caregivers learn how to better understand what their loved one is going through, develop skills for coping and caring, and take steps to help protect their health and well-being. It has sections such as Caregiving 101, Communication, Coping, Caregiver Self-Care, and more.

## **Personal Health Manager**

An online resource for people with cancer. Simply select your cancer type and you'll be directed to resources that will help explain your type of cancer and guide you through treatment options. The tool also provides information on managing common side effects from treatment.

Personal Health Manager content can be printed and kept in a three-ring binder to take along to your appointments. Using tabbed dividers to separate each section will make it easier for you to find what you need.



# Cancer Support Community

[Website](#)

Phone # 888-793-9355

## Services Include

- Cancer support helpline in English and Spanish
  - Monday through Thursday 11 a.m. to 8 p.m. ET
  - Friday 11 a.m. to 6 p.m. ET
- Live web chat option is available at specific times for those who prefer not to call
- Connecting callers to local or national resources for counseling, support groups, treatment, transportation services, and other programs
- Educational and mental health-based resources for **caregivers/loved ones** AND **patients** who are newly diagnosed, receiving treatment, living post-treatment, or with a recurrence on topics such as:
  - Cancer advocacy, caring for a loved one, clinical trials, emotional support, exercise, financial guidance, learning about your cancer, managing side effects, nutrition, post-treatment support, taking part in cancer experience surveys, treatment decision-making
- Virtual programs that include information about healthy eating and exercising, educational resources, access to free psychosocial resources and support, and opportunities to engage and make your voice heard through Cancer Support Community
- Specialized information and navigation regarding finances and treatment costs, clinical trials, pediatric oncology, CAR T cell therapy, and genetics/genomics
- Access to an online distress screening program, CancerSupportSource®
- Guidance on the full scope of resources at the Cancer Support Community
- Over-the-phone translation support in over 200 languages
- Create a free account to connect with others like you and find ways to keep friends and family connected online



# Patient Advocate Foundation

[Website](#)

Phone # 800-532-5274

## Services Include

- **Case Management:** For patients who will be starting treatment in the next 60 days to patients whose treatment finished up to 6 months ago
  - One-on-one support for patients, caregivers, and families to help solve issues related to health conditions
- **Financial Aid:** Programs that provide financial support for co-pays, transportation, lodging, and other non-medical expenses related to cancer treatment.
- **Patient Education:** Materials and resources to help patients understand their diagnosis and treatment options and manage their healthcare journey.
- **Co-Pay Relief Program:** Financial assistance for prescription medication co-pays.
- **Resource Directories:** Access to directories listing additional support sources, including local and national financial aid, transportation, and other services.
- **Insurance Navigation:** Guidance on understanding and maximizing health insurance benefits, including help with appeals and denials.
- **Employment Resources:** Support for managing employment issues, understanding rights under the Family and Medical Leave Act (FMLA), and navigating disability benefits.



## Findhelp.org

Findhelp.org allows cancer patients to search for local resources by entering their zip code, making it easy to find and connect with services tailored to their specific needs.

### Services Include

- **Healthcare Services:** Listings of cancer treatment centers, oncology specialists, palliative care options, mental health services, and support groups for cancer patients.
- **Financial Assistance:** Programs that help with medical bills, prescription costs, co-pays, and other cancer-related expenses.
- **Food Assistance:** Access to food banks, meal-delivery programs, and nutritional support specifically for cancer patients undergoing treatment.
- **Housing Assistance:** Resources for finding temporary housing near treatment centers, emergency shelter, and rent assistance for those impacted by cancer.
- **Transportation:** Programs offering rides to and from cancer treatment appointments, including volunteer driver services and non-emergency medical transportation.
- **Legal Aid:** Information on legal services for cancer patients, including assistance with insurance claims, disability benefits, and employment rights.
- **Employment Services:** Job training, vocational rehabilitation, and support for cancer patients returning to work or needing workplace accommodations.
- **Education:** Resources for understanding cancer diagnoses, treatment options and patient rights, and caregiving resources for family members.
- **Family Support:** Services for childcare during treatments, support groups for family members, and respite care.
- **Community Resources:** Access to local cancer support organizations, social services, and wellness programs to improve quality of life during and after treatment.



# CancerCare

[Resources to Help Cancer Patients](#)

## Services Include

- **Counseling:** Speak with an oncology social worker
- **Resource navigation:** Practical guidance, information, and resources
- **Support groups:** Led by professional oncology social workers, organized meetings to connect with others in similar situations
- **Connect education workshops:** Via telephone or online, learn about cancer-related issues from experts in oncology
- **Publications:** Fact sheets and booklets about cancer-related topics
- **Financial assistance:** For eligible individuals, assistance is available to help with costs, including transportation, homecare, and child care
  - CancerCare Co-Payment Assistance Foundation helps with the co-pays for chemo/targeted-treatment drugs
- **Specialized Programs:** CancerCare offers specialized programs to address specific populations and concerns, such as meetings for children or caregivers or suggestions about how to take care of pets while going through treatment
- **Community programs:** In-person workshops, therapeutic activities, and other events
- **Coping circle worship:** In English and Spanish, taught by professional oncology social workers and qualified co-facilitators.
- **Diagnosis-specific specialized services:** The Breast and Gynecological Cancers Program provides specialized services and resources to help people who are diagnosed with breast or gynecological cancers. Professional oncology social workers provide practical and emotional support.
- **Additional Resources:** Phone numbers and email addresses for diagnosis-specific treatment organizations



# Triage Cancer

Phone # 424-258-4628

Email: [info@triagecancer.org](mailto:info@triagecancer.org)

## Services Include

- **Navigating Finances**
- **Quick Guides, Checklists, & Other Materials:** For help with things like managing financial issues and getting organized and tips for parents with cancer.
- **Animated Videos & Webinars:** Webinars and videos that teach how to manage medical bills
- **Cancer Finances:** [Options When Newly Diagnosed](#), [Disability Insurance](#), [Education](#), [Employment](#), [Estate Planning](#), [Family Building](#)
- **One-on-one Help:** [Legal & Financial Navigation Program](#)
- **Triage Cancer Drug Discount Card:** The Triage Cancer drug discount card can help you save up to 80% off the cash price of prescriptions, over-the-counter medications and supplies written as prescriptions, and human-equivalent pet medications. Users can also save 40% off medical equipment.
- **Triage Cancer Events:** Free educational events on the legal and practical issues that often arise after a cancer diagnosis. Conferences and webinars are open to everyone.
  - Triage cancer webinars, triage cancer conferences, insurance & finance intensive, partner events, advocate training, in-service training
- **Cancer Rights Guides:** An introduction to the topics that impact most people after diagnosis (like employment and finances)
- **State-Specific Estate Planning Toolkit**
- **Cancer Rights Law Book**
- **More quick guides/tools for navigation:** [Dealing with Student Loans](#), [Sample Letters to Deal with Debt Collectors](#), [Credit Reports](#), [Find a Financial Planner](#)



# CaringBridge

CaringBridge is a no-cost, nonprofit health platform that surrounds family caregivers with support while they care for a loved one on a health journey.

[Website](#)

## Services Include

- **Platform services:** The platform offers a space for people to leave supportive comments and messages. As a caregiver, you can write posts to:
  - Express your feelings
  - Share updates to keep everyone on the same page
  - Ask for specific types of help
- **Expert guidance/advice**
  - Anticipatory grief support groups
    - Help define anticipatory grief
    - Online vs in person
    - Instructions on finding a support group in places like Facebook or Reddit
  - Defining the sandwich generation with advice on handling stress and burnout
  - Offering support to help someone in grief
  - Many articles relevant to the struggles of caregiving
- **Inspirational articles for caregivers**
  - Topics include: remembering a loved one on their death anniversary, ways to express gratitude, dealing with cancer treatment from a child's perspective, and stories of hope.
- **Stories:** Inspiring stories about overcoming cancer
- **Bookshelf:** Recommended books for caregivers
- **Practical articles for patients and caregivers**
  - What to do (Navigating a New Normal: 9 Tips for Living With a Terminal Illness)
  - What to know (The Day I was Diagnosed with Cancer: Real Experiences & Tips)
  - What to say (Words of Encouragement for Cancer-Related Hair Loss)



# Cancer and Careers

Offered in Spanish and English, Cancer and Careers offers a wide variety of resources for cancer patients who are currently working or looking for work.

[Website](#)

## Services Include

- **For patients at work:** When you've just been diagnosed and don't know where to start, Cancer and Careers helps you think through your next steps. The resource helps you get organized and offers advice on managing treatment side effects, creating an action plan, sharing the news, and working while receiving cancer treatment.
- **For patients going back to work:** Learn about how the cancer might affect you at work, read information on recasting yourself at work, learn to answer comments and questions from work, explore ways to set boundaries, and more.
- **Legal and financial education:**
  - Your legal rights in the workplace: Cancer and the ADA, FMLA, etc.
  - Requesting reasonable accommodations
  - Cancer on a shoestring: Dealing with cancer can be more stressful for those with lower incomes
  - A guide to insurance
- **For working remotely:**
  - What you need to know about privacy and remote work. Whether you're working from home or from a public space, take these steps to protect your privacy.
  - How to set yourself up for success when working remotely. The right remote-work setup can support you in doing your best work.
- **For coworkers (or employers or caregivers):**
  - What to say to a coworker who has cancer
  - Educating yourself
- **For managers:**
  - The manager's role
  - Useful tools for employers and managers hoping to help an employee balance their cancer treatment and work
- **For Human Resources to support those with cancer**
  - Ways for HR to support employees with serious illnesses
  - Company responsibilities to their employees
- **For caregivers:**
  - The role of a caregiver
  - Balancing work as a caregiver
  - Laws and resources
- **For patients looking for work:**
  - Job searching and disclosure



- Résumé and cover letter resources
- Résumé review service
- Mastering the online footprint (LinkedIn)
- Networking
- **Many national events**

## Healthy Lifestyle Resources

- [Susan G. Komen](#)
- [Living Beyond Breast Cancer](#)