

## Community Resources for Patients with Cancer

### UNC Lineberger Comprehensive Cancer Center N.C. Cancer Hospital

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## Community Resources for Patients with Cancer

Being faced with a cancer diagnosis can feel like a maze.  
Patients and their families often have difficulty understanding and  
knowing what their needs might be throughout their cancer experience.



## Community Resources for Patients with Cancer

**NCCN** National Comprehensive Cancer Network®

### NCCN Distress Thermometer and Problem List for Patients

**NCCN DISTRESS THERMOMETER**

Instructions: Please circle the number (0–10) that best describes how much distress you have been experiencing in the past week including today.

Extreme distress

No distress

**PROBLEM LIST**  
Please indicate if any of the following has been a problem for you in the past week including today.

Be sure to check YES or NO for each.

YES	NO	Practical Problems	YES	NO	Physical Problems
<input type="checkbox"/>	<input type="checkbox"/>	Child care	<input type="checkbox"/>	<input type="checkbox"/>	Appearance
<input type="checkbox"/>	<input type="checkbox"/>	Housing	<input type="checkbox"/>	<input type="checkbox"/>	Bathing/dressing
<input type="checkbox"/>	<input type="checkbox"/>	Insurance/financial	<input type="checkbox"/>	<input type="checkbox"/>	Breathing
<input type="checkbox"/>	<input type="checkbox"/>	Transportation	<input type="checkbox"/>	<input type="checkbox"/>	Changes in urination
<input type="checkbox"/>	<input type="checkbox"/>	Work/school	<input type="checkbox"/>	<input type="checkbox"/>	Constipation
<input type="checkbox"/>	<input type="checkbox"/>	Treatment decisions	<input type="checkbox"/>	<input type="checkbox"/>	Diarrhea
			<input type="checkbox"/>	<input type="checkbox"/>	Eating
			<input type="checkbox"/>	<input type="checkbox"/>	Fatigue
			<input type="checkbox"/>	<input type="checkbox"/>	Feeling swollen
			<input type="checkbox"/>	<input type="checkbox"/>	Fevers
			<input type="checkbox"/>	<input type="checkbox"/>	Getting around
			<input type="checkbox"/>	<input type="checkbox"/>	Indigestion
			<input type="checkbox"/>	<input type="checkbox"/>	Memory/concentration
			<input type="checkbox"/>	<input type="checkbox"/>	Mouth sores
			<input type="checkbox"/>	<input type="checkbox"/>	Nausea
			<input type="checkbox"/>	<input type="checkbox"/>	Nose dry/congested
			<input type="checkbox"/>	<input type="checkbox"/>	Pain
			<input type="checkbox"/>	<input type="checkbox"/>	Sexual
			<input type="checkbox"/>	<input type="checkbox"/>	Skin dry/itchy
			<input type="checkbox"/>	<input type="checkbox"/>	Sleep
			<input type="checkbox"/>	<input type="checkbox"/>	Substance abuse
			<input type="checkbox"/>	<input type="checkbox"/>	Tingling in hands/feet

**Family Problems**

Dealing with children  
 Dealing with partner  
 Ability to have children  
 Family health issues

**Emotional Problems**

Depression  
 Fears  
 Nervousness  
 Sadness  
 Worry  
 Loss of interest in usual activities

Spiritual/religious concerns

Other Problems: \_\_\_\_\_

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## Community Resources for Patients with Cancer

Develop questions and find an organization system that works for you!



UNC Cancer Care Patient Guide

*“At first I felt overwhelmed. But once I gathered information, I felt comfortable talking with my doctor about my cancer and felt ready to make decisions about my treatment.”*

- ❖ Encourage patients and caregivers to be self advocates—don't be shy about speaking to your healthcare team about your needs, concerns, and questions.
  - ❖ Bring a friend with you to your appointments to help research resources
- ❖ County Public Health Department
- ❖ City or County Community Centers or Senior Centers, Community-Based Cancer Support Organizations
- ❖ Local Hospital or Hospital Library
- ❖ Public Library—computer access
- ❖ Cancer.net



## Community Resources for Patients with Cancer

### What kind of support and resources do you seek?

#### Cancer-Specific Support

- ❖ Cancer type, staging, prognosis, and treatment options.
- ❖ Symptom management: short and long term side effects.
- ❖ Lung Cancer Alliance, Living Beyond Breast Cancer, Pancreatic Cancer Action Network, Prostate Cancer Foundation, National Cervical Cancer Coalition, Colon Cancer Alliance, Leukemia and Lymphoma Society

#### Emotional and Coping Support

- ❖ Processing feelings of uncertainty, worry, fear of the future or unknown, anger, anxiety, depression, stress, loss of or changes in independence and identity.
- ❖ How to talk with others about cancer and its often unwanted changes, changes in your spousal or family role and relationships, and accepting help from others.

#### Practical or Logistical Support — Managing Life Outside of Treatment



- ❖ Employment, income loss, paying bills, insurance and coverage questions, disability/Medicaid/Medicare.
- ❖ Transportation or lodging during treatment.
- ❖ Financial and legal resources—during or after treatment.
- ❖ Personal assistance at home during treatment
- ❖ Assistance with tasks child or eldercare, house cleaning, food shopping or preparation.

#### Spiritual Support

- ❖ Facing spiritual crisis, facing one's own mortality, questions about death or dying.

#### Life After Treatment Support

- ❖ Processing the "What Now?"
- ❖ Taking steps towards wellness, re-defining meaning and purpose, re-discovering what's important to you.



## Community Resources for Patients with Cancer

### Trusted and Valid Resources

### UNC and NC Resources

UNC Lineberger Comprehensive Cancer Center, "Our Clinics"  
<https://unclineberger.org/patientcare/#Clinics>




UNC Comprehensive Cancer Support Program  
<https://unclineberger.org/patientcare/support/ccsp>

PDF "Cancer Resources Supporting Cancer Patients and Their Caregivers"  
<https://unclineberger.org/patientcare/support/ccsp/events%20and%20local%20resources>  
Click on the highlighted word, "HERE"

UNC MyChart, Health Library  
<https://myuncchart.org/MyChart/>

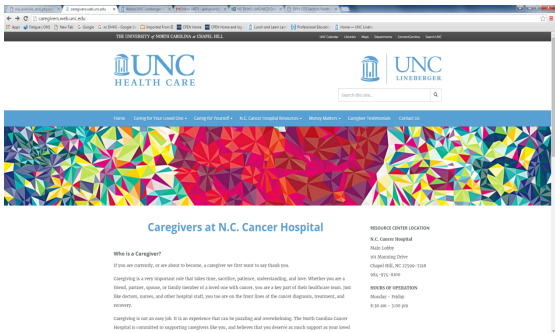
UNC Cancer Network, Patient and Family Video Education and PDF Resource Guide  
<https://unclineberger.org/unccn/patient-and-family-education>

NC Health Information  
<http://www.nchealthinfo.org/>




## Community Resources for Patients with Cancer Trusted and Valid Resources

### UNC Cancer Caregiver Website <http://caregivers.web.unc.edu>



**UNC HEALTH CARE** 984.974.8100  
Resource Center

Caring for someone with cancer can be an unpredictable experience. If you are a friend, partner, spouse, or family member of a loved one with cancer, the UNC Cancer Caregiver Website is here to support you.




**Friend & Family Caregivers™**

Find more information on:

- Caring for your loved one at home or in the hospital
- Taking care of your physical and emotional health
- Organizing your support network
- Resources for managing the cost of cancer
- Recipes and nutrition information
- More cancer support resources

Visit the website to learn more:  
[caregivers.web.unc.edu](http://caregivers.web.unc.edu)



## Community Resources for Patients with Cancer Trusted and Valid Resources

### National Cancer Resources

National Cancer Institute, (Cancer Information Service—1-800-422-6237), Spanish Translation Available  
<https://www.cancer.gov/>









American Cancer Society, 1-800-227-2345 (Road to Recovery, Peer Mentoring, Nutritionist on Call, Spanish and Pacific Language Translations)  
<http://www.cancer.org/>

Cancer.Net (ASCO—American Society of Clinical Oncology), 888-651-3038  
<http://www.cancer.net/>

Cancer Support Community, 888-793-9355  
<http://www.cancersupportcommunity.org/>

National Comprehensive Cancer Network  
<https://www.nccn.org/patients/default.aspx>





Academy of Nutrition and Dietetics  
<http://www.eatright.org/>












## Community Resources for Patients with Cancer

**Practical or Logistical Support  
Managing Life Outside of Treatment**

- ❖ Employment, income loss, private and public disability benefits,
- ❖ Medical insurance, including COBRA, Medicaid and Medicare, and the Health Insurance Marketplace.
- ❖ Transportation or lodging during treatment.
- ❖ Financial and legal resource









## Community Resources for Patients with Cancer

**Employment**

- ❖ Working During And After Treatment
  - Your health care team
  - Your supervisor and human resources department
  - Cancer patients and survivors are protected from discrimination under the American's With Disabilities Act (ADA)

RESOURCES: Equal Employment Opportunity Commission, <https://www.eeoc.gov>; Cancer and Careers, <https://www.cancerandcareers.org>; Triage Cancer; Job Accommodation Network, <https://askjan.org>
- ❖ Taking Time Off Work
  - Medical Leave of Absence using sick leave, vacation leave, or paid time off (PTO)  
RESOURCE: Human Resources Department
  - Family Medical Leave (FMLA)  
RESOURCE: Human Resources Department
  - US Department of Labor Wages and Hours Division,  
[https://www.dol.gov/whd/fmla/fact\\_sheets.htm](https://www.dol.gov/whd/fmla/fact_sheets.htm)
  - Short-term or Long-term Disability Insurance (private)  
RESOURCE: Private Insurance Policy/Agent
  - Supplemental Security Income (SSI) and Social Security Disability Income (SSDI)  
RESOURCE: County Department of Social Services, Social Security Administration <https://www.ssa.gov>

## Community Resources for Patients with Cancer



### Paying for Medical Treatment



- ❖ Cost of cancer treatment can be extremely stressful for both the well-insured and under/uninsured.
- ❖ Treatment costs can include:
  - Physicians
  - Hospital room and board
  - Outpatient clinic visits
  - Radiation treatments
  - Chemotherapy treatments
  - Family living expenses (i.e. additional childcare, loss of work income, etc)
  - Transportation to and from frequent clinic appointments
  - Home care and/or long term rehabilitation facility care



## Community Resources for Patients with Cancer



### Paying for Medical Treatment – Health Insurance



- ❖ Treatment can be paid for using health insurance plans, such as: Medicare; Medicaid; Affordable Care Act plans; and private employer-sponsored insurance health insurance plans.
- ❖ It's very important to help patients find out from their insurance provider the terms of their unique plan (in-network vs out-of-network; deductibles; copays; coinsurance; uncovered services) so they can make informed choices about their cancer treatment.
- ❖ Some individuals have purchased separate cancer insurance plans that can help significantly with cancer-related treatment expenses.



## Community Resources for Patients with Cancer



### Paying for Medical Treatment – Health Insurance



- ❖ Medicare is the Federal health insurance program for older adults (65 years) and individuals disabled for 2 years or more
  - <https://www.medicare.gov/>, (800) 633-4227
  - ExtraHelp is a program administered by the Social Security Administration to assist low income families with the cost of “Part D” drug coverage, <https://www.ssa.gov/medicare/prescriptionhelp/>
  - Seniors Health Insurance Information Program (SHIIP) is managed by the NC Department of Insurance and offers personalized counseling regarding Medicare, Medicare supplements and part D plans, <http://www.ncdoi.com/SHIIP/Default.asp>
- ❖ Medicaid is the federally funded health insurance program for low income children and some low income adults. Each state administers federal Medicaid funding.
  - See your local county Department of Social Services to apply
  - Centers for Medicare and Medicaid Services <https://www.medicaid.gov/medicaid/index.html> .



## Community Resources for Patients with Cancer



### Paying for Medical Treatment – Health Insurance



- ❖ Medicaid will cover most medical treatments costs, but many ancillary services are extremely limited (i.e. only 3 home health visits allowed per year). Often, newly diagnosed, uninsured patients need assistance signing up for Medicaid. This can be done at their local Department of Social Services (DSS).
- ❖ There are different kinds of Medicaid, which each have different eligibility requirements (low-income, children in the home, disabled, etc.) In order to qualify for Medicaid in NC, a resident’s household income must fall below 100 – 200% of the Federal Poverty Level. Other restrictions apply, such as having less than \$2,000 in assets for an individual, or \$3,500 for a couple, and having one vehicle per household. Patients need to talk to their local DSS regarding their eligibility for Medicaid.



### Community Resources for Patients with Cancer




#### Paying for Medical Treatment – Health Insurance



- ❖ Private Insurance
  - Employer based insurance
  - COBRA Continuation of Coverage is a federal law allowing employees to keep a group health plan for 18 months after leaving their job. The act is overseen by the Department of Labor, <https://www.dol.gov/general/topic/health-plans/cobra>. For details about your employer's COBRA plan, see your Human Resources Department.
  - Affordable Care Act/Health Insurance Marketplace –Affordable Care Act (ACA) and employer-sponsored plans typically cover 70-90% of medical treatment expenses. The ACA law caps out-of-pocket costs (not including premiums) at \$6,850 for individuals and \$13,700 for a family in 2016. This was extremely beneficial to cancer patients. Low and middle income individuals and families may be eligible for a subsidy to help pay the premium, <https://www.healthcare.gov>
  - Hospital based financial assistance and charity care are programs help uninsured and low income patients pay a portion of their medical bill that is not covered by insurance. See hospital financial counselors for information.




### Community Resources for Patients with Cancer




#### Paying for Medical Treatment



- ❖ There are many pharmacy assistance programs through both pharmaceutical companies and non-profit organizations that help cover medication costs for uninsured individuals.
- ❖ Family living expenses and transportation costs are NOT covered by medical insurance (this is where community foundation grants come into play).
- ❖ Long-term rehabilitation care is not covered by most medical insurance policies and many people lack the long-term care insurance plans that would pay for these services.




### Community Resources for Patients with Cancer





my Social Security  
Log In  
Create an account

#### Filing for Disability due to Inability to work




Faces  
and  
Facts  
of Disability

- ❖ Many individuals who enter treatment for cancer end up being unable to work for extended periods of time and need assistance with filing for Social Security disability. If individuals have short or long-term disability through their employer, their Human Resources department can help them.
- ❖ If patients are working part-time, already unemployed, or otherwise don't have employer-covered disability benefits, they can apply for Social Security Disability (SSDI) through their local Social Security Administration office.
  - ❖ SSDI is based on an individual's inability to work at the job they had or inability to adjust to other work because of their medical condition(s)
  - ❖ And the disability has lasted or is expected to last for at least one year or to result in death.




### Community Resources for Patients with Cancer





my Social Security  
Log In  
Create an account

#### Filing for Disability due to Inability to work



Faces  
and  
Facts  
of Disability

- ❖ Social Security program rules assume that working families have access to other resources to provide support during periods of short-term disabilities, including workers' compensation, insurance, savings, and investments.
- ❖ In addition to meeting Social Security's (SS) definition of disability, a patient must have worked long enough – and recently enough – to qualify for disability benefits.
- ❖ SS work credits are based on your total yearly wages or self-employment income. Up to four credits can be earned each year.
- ❖ The number of work credits needed to qualify for SSDI depends on the age when a person becomes disabled.
- ❖ Generally, 40 credits are needed, 20 of which were earned in the last 10 years ending with the year a person became disabled. Younger workers may qualify with fewer credits.
- ❖ Some cancer diagnoses fall under the "Compassionate Allowances" or "Terminal Illness" categories, which will expedite processing of their application.



## Community Resources for Patients with Cancer



Community Foundations for  
Financial Assistance



CARING COMMUNITY  
FOUNDATION

- ❖ In NC there are several foundations that assist patients with living expenses during ACTIVE cancer treatment (i.e. radiation, chemotherapy, hormone therapy, or immunotherapy).
- ❖ These funds are specifically meant to eliminate barriers to receiving care and treatments for cancer, and include assistance with housing, utilities, transportation costs, lodging during treatment, childcare, food, and other critical expenses.
- ❖ These are **one-time only grants** and the foundations have caps as to how much they can allot per patient.
- ❖ There are also national foundations that can offer limited assistance.



## Community Resources for Patients with Cancer



Community Foundations for  
Financial Assistance  
Continued



CARING COMMUNITY  
FOUNDATION

- ❖ North Carolina Foundations include:
  - ❖ Caring Community Foundation
  - ❖ STOMP the Monster
  - ❖ Helene Foundation
  - ❖ The Lighthouse Foundation (for patients living in Wake County)
  - ❖ Karen Chandler Fund (for patients living in Fayetteville)
  - ❖ The Outlaw Foundation (for patients living in Eastern NC)
  - ❖ UNC Cancer Patient Assistance Fund
  - ❖ 1 in 9 (for Breast cancer patients)
- ❖ National Foundations include:
  - ❖ Cancer Care
  - ❖ Lazarus Foundation
  - ❖ Lung Cancer Initiative
  - ❖ Family Reach
  - ❖ 21st Century Care



## Community Resources for Patients with Cancer

### Practical or Logistical Support Managing Life Outside of Treatment

- ❖ Transportation to medical treatment
  - ❖ American Cancer Society Road to Recovery
  - ❖ Grant funding for transportation administered by local and national agencies and foundations.
    - For example, *CancerCare*, The Patient Advocate Foundation, Stomp the Monster, 1 of Us, the Lung Cancer Initiative
  - ❖ Local Volunteer and Community Service organizations
  - ❖ Medicaid recipients may be entitled to free transportation from their home county to their medical appointments. Each county administers their Medicaid transportation services
- ❖ Lodging during treatment
  - ❖ The American Cancer Society offers lodging assistance when medically necessary
  - ❖ Check with your hospital social work and resource specialist for low cost lodging options for patients.



## Community Resources for Patients with Cancer

### Legal Resources

#### Advance Directives and End of Life Planning

##### Living Will

##### Health Care Power of Attorney

##### Durable Power of Attorney

##### Estate Planning

- ❖ UNC Cancer Pro Bono Legal Project – A Medical-Legal Partnership with Legal Aid of NC and UNC School of Law. Free legal services to cancer patients and their caregivers in the NC Cancer Hospital.
- ❖ Hospital Chaplin or Hospital Patient Relations
- ❖ Estate Planning Attorney
- ❖ National Hospice and Palliative Care Organization, <http://www.caringinfo.org>
- ❖ North Carolina Secretary of State Advance Health Care Directive Registry <https://www.sosnc.gov/ahcdr/>



## Community Resources for Patients with Cancer

### Legal Resources

#### Other Legal Needs

**Disability Denials**  
**Guardianship**  
**Home, Utility and Food Insecurity**

- ❖ North Carolina Bar, Find a Lawyer Program, <https://www.ncbar.gov/for-the-public/>
- ❖ Legal Aid of North Carolina assists low income households with civil legal needs involving basic human needs such as income, safety, shelter and education. They offer a number of self-help clinics, such as divorce. <http://www.legalaidnc.org>
- ❖ Disability Rights Legal Center/Cancer Legal Resources Center provides information and education about cancer-related legal issues to the public through its national telephone assistance line.



## Community Resources for Patients with Cancer

### Charitable Financial Assistance During Treatment

There are many charitable foundations that provide some support to cancer patients while they are in active cancer treatment. However, not all foundations offer financial support. The trick is finding a foundation that can offer financial support to you.

**CancerCare**, <http://www.cancercares.org/>, offers a small transportation grant to most patients and a medication co-payment assistance program, and maintains an excellent list of cancer specific resources.



**Patient Advocate Foundation**, <http://www.patientadvocate.org/index.php>, administers grants to cancer specific groups, has a medication co-payment program, and maintains a searchable National Financial Resources Directory.

**Local Resources** : Hospital Social Worker and Hospital Resource Center, Public Library, Department of Social Services, Chamber of Commerce, Department on Aging



## Community Resources for Patients with Cancer

Pharmacy/Medication Resources: Vary by Individual Hospital

- Cape Fear Valley Health:  
<http://www.capefearvalley.comcharity>
- UNC Hospitals  
<http://www.uncmedicalcenter.org/uncmc>
- Novant Health:  
<https://www.novanthealth.org>
- New Hanover Regional Medical Center  
<https://www.nhrmc.org>
- Mission Health  
<http://www.mission-health.org/financial-assistance.php>



## Community Resources for Patients with Cancer

Pharmacy Resources: Home Medications are Different



- Outpatient Pharmacy Benefits
- May not be included in charity care programs
- UNC Healthcare Pharmacy Assistance Program (PAP)
- Must be uninsured
- Household income <200% of Federal Poverty Level
- Many medications available for \$4.00/month



**Community Resources for Patients with Cancer**  
Pharmacy Resources: Affording Medications for Home Use

Infection Prevention	Cash Price
valacyclovir (Valtrex®)	\$216.72 (for #30)
posaconazole (Noxafil®)	~ \$6000.00 (for #90)
cefodoxime (Vantin®)	~ \$500 (for #60)
entecavir (Baraclude®)	\$1333.50 (for #30)



<http://online.lexi.com/lco/action/home>

**Community Resources for Patients with Cancer**  
Pharmacy Resources: Affording Medications for Home Use

Anti-nausea Medication	Cash Price
Ondansetron (Zofran®) Tablets	\$140.00 (for #30)
Granisetron Patch (Sancuso®)	\$598.38 (for #1)
Aprepitant (Emend®)	\$845.50 (for tripack 1 x 125 mg and 2 x 80 mg)
Olanzapine (Zyprexa®)	\$238.72 (for #12)

<http://online.lexi.com/lco/action/home>

### Community Resources for Patients with Cancer Pharmacy Resources: Buy Local!!

- Independent pharmacies often lower prices than large chains

Medication	Cash Price (Chain)	Cash Price (Independent)
Ondansetron 8 mg tablets	~\$140.00 for #30	~ \$10-\$20 for #30
Valacyclovir 500 mg tablets	> \$150.00 for #30	~ \$25.00-\$30.00 for #30
Olanzapine 10 mg tablets	>\$100 for #12	~\$9.00-\$20.00 for #12



### Community Resources for Patients with Cancer Pharmacy Resources: Co-Pay Cards

- Sancuso<sup>®</sup> Patch (ProStrakan Inc): pays up to \$150/month. Patient pays first \$20.
- Baraclude<sup>®</sup> (Bristol-Meyers Squibb): pays up to \$400.00 per month.
- Noxafil<sup>®</sup> (Merck): Patient pays first \$90. Card covers up to \$1500.00 per month



## Community Resources for Patients with Cancer Pharmacy Resources: Manufacturer Assistance

- Bristol-Myers Squibb Patient Assistance Foundation, Inc. (BMSPAF)
- Non-profit offering **temporary** assistance obtaining certain medications
- For outpatient treatments only
- Medication not covered by insurance
- Must make  $\leq 300\%$  of FPL
- Might be higher for certain cancer medications or injectables

<http://www.bmspaf.org/#home>



## Community Resources for Patients with Cancer Pharmacy Resources: Manufacturer Assistance

- Pfizer Patient Assistance Program, patients must:
- Meet income guidelines, which vary by product and household size
- Have no prescription coverage, or not enough coverage, to pay for their medicine
- Live in the United States or US territories
- Be treated by a health care professional licensed in US/PR

<http://www.pfizerrxpathways.com/see-how-we-help>



## Community Resources for Patients with Cancer Pharmacy Resources: Marketing Company

- GoodRx [www.goodrx.com](http://www.goodrx.com)
- Marketing Company
- Contracts with one or more PBMs (pharmacy benefit managers) to negotiate discounts with pharmacies
- GoodRx earns money from pharmacies for sending them customers
- Pros: discount for patients, does not require an account
- Cons: possible inconsistent prices from month to month



## Community Resources for Patients with Cancer Pharmacy Resources: A Guide Through the Wilderness



**Mission Statement:**  
NeedyMeds educates  
and empowers those  
seeking affordable  
healthcare.

Information about:

1. Pharmacy Assistance Programs
2. Co-pay Cards
3. \$4 Generics
4. Coupons, Rebates and More




<http://www.needyeds.org/>



## Community Resources for Patients with Cancer

### UNC Affiliated Support Groups


#### Caregiver Conversations



**Loretta Muss**  
Coordinator


- Caregivers of cancer patients discuss the challenges of caregiving and gain support and encouragement from others going through similar situations.
- Tuesdays, 3:00 pm – 4:00 pm, PFRC
- Drop in format, Loretta Muss, 984-974-8107

#### Young Women's Breast Cancer Support Group



- Unique needs of women with breast cancer, ages 18-45.
- 1<sup>st</sup> Tuesday of month, 7:00-8:30 pm, UNC Meadowmont.
- More info, 984-974-8100.


#### Caregiver Meditation Group



**Pat Cadle**  
Chaplin


- Caregivers and staff can participate in a variety of peaceful meditation experiences.
- 12:15 pm-12:45 pm, rotating Tuesdays, Wednesdays, and Thursday of the month, NCCH Oncology Chapel.
- Drop in format, Pat Cadle at 984-974-8621

#### Single Fathers Due to Cancer




- Single fathers facing the challenges of raising children after the loss of their mother to cancer.
- 3<sup>rd</sup> Monday of the month at 6:00 pm, different locations.
- Call Justin Yopp, visit <http://singlefathersduetocancer.org>

#### Writing for Resilience





- Weekly therapeutic writing workshop for patients, staff, or caregivers. Focus on self-care and healing through writing.
- Tuesdays, 12-1 pm, UNC Memorial.
- Drop in format, Heidi Gessner, Hospital Chaplin, 984-97-0213.

#### Triangle Bladder Support Group



**BCAN**  
New Jersey Chapter

- Support for those touched by bladder cancer, survivors, caregivers, and others affected.
- 2<sup>nd</sup> Tuesday each month, 7:00 pm at SECU House. For Call David Langham 919-943-0589.

## Community Resources for Patients with Cancer

### Community-Based Cancer Support Groups

**REX Hospital**—variety of groups, check on line

**Duke Cancer Institute**—variety of support groups, check on line

**Multiple Myeloma Support Group**—4<sup>th</sup> Saturday of each month from 10 am – 12 pm at Westminster Presbyterian Church, Durham NC 27707

**Prostate Support Group**—2<sup>nd</sup> Tuesday of month 6:30-8:30 at Lincoln Community Health Center

**Lung Cancer Support Group**—1<sup>st</sup> and 3<sup>rd</sup> Thursdays, 10:30-12:00 pm, Caring House, Durham NC

**Stupid Cancer Meet Ups for Young Adults with Cancer (under 40)**—2<sup>nd</sup> Tuesday of the month from 6 pm – 7 pm, rotating locations in RTP, check website

**Oral, Head and Neck Cancer Support Group (SPOHNC)**—3<sup>rd</sup> Mondays of the month 6:00- 7:00 pm at Caring House, Durham NC.

**Metastatic or Advanced Cancer Support Group**—1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month at Caring House, Durham NC.

**Men With Cancer Support Group**—2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, 6:00-7:15 pm at Caring House, Durham NC.

**Bereavement/Loss Support Group**

- UNC Hospice, Sharing our Stories—for anyone who has experienced loss. Fridays from 1:30-3 pm OR Thursdays 10 am – 11:30 am. Fearrington Village
- Loss of Spouse/Loss of Life Partner/Growing Through Grief—Check UNC Hospice website for information.








## Community Resources for Patients with Cancer Online Cancer Support Groups

### Peer Connect Programs

- Peer Connect programs are confidential peer-support services that connects anyone touched by any type of cancer with another person whose experiences with cancer are similar.
  - Imerman's Angels
  - Cornucopia House of Durham
  - Friends For Life Cancer Support Network
  - American Cancer Society
  - CancerCare
  - Living Beyond Breast Cancer
  - Stupidcancer.org—insta-peer
  - Cancer Hope Network
  - 4<sup>th</sup> Angels Mentoring Program



## Community Resources for Patients with Cancer Adolescence and Young Adult Supports (AYA)

### AYA Support Organizations

- I'm Too young for This! Cancer Foundation—stupidcancer.org
- Cancer & Careers—cancerandcareers.org
- Fertile Hope—fertilehope.org
- Livestrong: Podcast for Young Adults with Cancer—livestrong.org
- Planet Cancer—planetcancer.org
- Young Survival Coalition—YSC Support for Young Women with Breast Cancer—youngsurvival.org
- SamFund—thesamfund.org/
- Giving Hope Foundation—.hope4yawc.org/

### AYA After Treatment Adventure Retreats

- True North Treks
- Epic Experiences
- First Descents
- Camp Koru



## Community Resources for Patients with Cancer Local and National Cancer Support Services

- **Magnolia Meals at Home**—Breast Cancer patients living within certain RTP zip codes may have nutritious meals delivered to their home for free for up to 2 months. [magnoliamealsathome.com](http://magnoliamealsathome.com)
- **Cleaning for a Reason**—Nationally, offering free house cleaning once a month for 4 months for women undergoing cancer treatment. [cleaningforareason.org/](http://cleaningforareason.org/)
- **Breast Cancer Support**—Tigerlily Foundation, Helene Foundation, YSC
- **Mommy and Me**—assistance for moms struggling financially due to lost wages from a cancer diagnosis. [mamcf.org](http://mamcf.org).
- **Cancer & Careers**—empowers and educates people with cancer to thrive in the workplace. <https://www.cancerandcareers.org/en>
- **Highway to Healing**—Lee county residents, gas card program
- **ACS Road to Recovery**—transportation assistance for cancer patients to and from medical appointments. [cancer.org/](http://cancer.org/)
- **Genevieve's Helping Hands**—financial and lodging support for breast cancer patients to enhance recovery. [aenshelbindhands.org/](http://aenshelbindhands.org/)



Genevieve's Helping Hands  
resources for young women with breast cancer



## Community Resources for Patients with Cancer Survivorship and Wellness

### Cancer Survivorship

Moving beyond a cancer diagnosis and treatment  
toward wellness!

- Survivorship Clinics
- Post-treatment Wellness Programs
  - Get Real and Heel—<http://getrealandheel.unc.edu/>. Locally. 919-962-1222
  - Cancer Transitions—<https://unclineberger.org/patientcare/support/ccsp/cancer-transitions>. State-wide. 984-974-8100
  - Livestrong at the YMCA—<https://www.livestrong.org/what-we-do/program/livestrong-at-the-ymca>. State- wide. 877-236-8820



## Community Resources for Patients with Cancer Survivorship and Wellness

### Post-treatment Retreats and Adventures for Adults and Families

- Reel Recovery—fly fishing retreats for male cancer survivors
  - <http://reelrecovery.org/>
- Casting Carolinas—fly fishing retreats for female cancer survivors
  - <http://castingcarolinas.com/>
- Casting for Hope—fly fishing retreats for female cancer survivors
  - <http://castingforhope.org/>
- Little Pink Houses of Hope—free beach retreat for families who experience strain due to the cancer experience.
  - <https://www.littlepink.org/>
- Lighthouse Family Retreats—free vacations for families who have been impacted by cancer
  - <https://www.lighthousefamilyretreat.org/>
- Camp Mak-A-Dream—free for kids, teens, young adults, women, and families.
  - <http://www.campdream.org/>
- Camp Kessem—free week long summer camp for children who have a parent with cancer or who has gone through cancer treatment.
  - <http://campkesem.org/>



## Community Resources for Patients with Cancer Comprehensive Cancer Support Program

The NC Cancer Hospital  
101 Manning Drive  
Chapel Hill, NC  
984-974-8100

[unclineberger.org/patientcare/support/ccsp](http://unclineberger.org/patientcare/support/ccsp)

