

Additional Resources

For oncology patients and families at UWMC



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this handout.

Caregiver Resources

- **Caregiver Action Network:** This group helps caregivers take care of their health and well-being. The site gives tips for financial and medical benefits, support groups, respite care, newsletters, and more. caregiveraction.org/about
- **Cancer Care:** This site offers stories of help and hope. It includes podcasts for caregivers on subjects ranging from financial aid to managing stress. cancercares.org/tagged/caregiving
- **Caregiver Hope:** This site offers hope and encouragement for caregivers. Read personal stories about the caregiver journey. See how caregivers found ways to face their fears, gained faith and hope, and learned to embrace life as it changed. caregiverhope.com
- **Caring Bridge:** This site allows you to create a website to share patient updates, photos, and videos. This is a lower-stress way to connect with friends and family who want to help. caringbridge.org
- **Family Caregiver Alliance National Center on Caregiving:** This center offers national, state, and local programs for caregivers who provide long-term care at home. The site contains newsletters, fact sheets, advice, and online support groups. caregiver.org
- **Lotsa Helping Hands:** This site provides online calendars and announcements to help patients and caregivers organize family and friends for tasks. It also provides other resources for caregivers. lotsahelpinghands.com
- **Well Spouse Association:** This site addresses the needs of spouses who are also caregivers. It offers blogs, articles, and events on many subjects. wellspouse.org



You are not alone—support, resources, and community are here for you and your loved ones.

Local Support Groups

- **Cancer Lifeline:** This group offers emotional support, resources, classes, and exercise programs for people in all stages of cancer. They welcome patients, survivors, family, friends, co-workers, caregivers, and anyone else affected by cancer. 206.297.2100, cancerlifeline.org

Cancer Lifeline also offers support by phone. Trained staff and volunteers can listen to your concerns and provide support and resources. The Cancer Lifeline Phone Line is open Monday through Saturday, 9 a.m. to 9 p.m. Call 206.297.2500.
- **Cancer Pathways:** This group offers a local program of social, emotional, and educational support for anyone living with cancer. Friends of cancer patients are also welcome. (This group used to be called Gilda's Club of Seattle.) 206.709.1400, cancerpathways.org

General Cancer Support

- **American Cancer Society:** ACS offers information about treatments, resources, and managing life with the disease. ACS offers the Health Insurance Assistance Service. 800.227.2345, [cancer.org](https://www.cancer.org)
- **American Society of Clinical Oncology:** This resource provides direct and accurate information about cancer treatment from oncologists who are experts in their field. 888.651.3038, [cancer.net](https://www.cancer.net)
- **Cancer Support Community:** This group provides support, education, and hope to all people affected by cancer. They offer some personalized services at no cost. 888.793.9355, [cancersupportcommunity.org](https://www.cancersupportcommunity.org)
- **Kids Konnected:** This site provides friendship, understanding, education, and support for kids and teens who have a parent with cancer, or have lost a parent with cancer. [kidskonnected.org](https://www.kidskonnected.org)
- **LIVESTRONG Foundation:** This site provides information and tools to help people affected by cancer. 855.220.7777, [livestrong.org/cancersupport](https://www.livestrong.org/cancersupport)
- **Stupid Cancer:** The Stupid Cancer website offers a lifeline to young people with cancer by connecting them to age-appropriate resources and peers. Their mission is “to empower teens and young adults affected by cancer by ending isolation and building community.” The site includes advocacy, research, support, outreach, awareness, mobile health (using smartphones, tablets, and other devices), and social media. [stupidcancer.org](https://www.stupidcancer.org)
- **Triage Cancer:** This site provides education and resources on cancer survivorship issues to survivors, caregivers, advocates, and healthcare providers. They offer educational events, cancer survivorship webinars, and teaching materials. 424.258.4628, [triagecancer.org](https://www.triagecancer.org)

Legal Resources

- **Cancer Legal Resource Center:** This center provides free information for legal issues relating to cancer, including health insurance, employment rights, estate planning, disability benefits, living wills, and durable power of attorney.
866.843.2572, [disabilityrightslegalcenter.org/cancer-legal-resource-center](https://www.disabilityrightslegalcenter.org/cancer-legal-resource-center)
- **LawHelp:** This site helps people with low and moderate incomes find free legal aid programs in their communities. It answers questions about legal rights and can help with legal problems. [lawhelp.org](https://www.lawhelp.org)
- **Washington State Long-Term Care Ombudsman:** This program advocates for residents of nursing homes, adult family homes, and assisted living facilities. Staff members investigate and resolve complaints made by or on behalf of people who are living in these care facilities. 800.562.6028, [waombudsman.org](https://www.waombudsman.org)
- **National Cancer Legal Services Network:** This coalition of legal service providers offers free legal service programs to people affected by cancer. [NCLSN.org](https://www.nclsn.org)
- **Patient Advocate Foundation:** This foundation helps patients with issues such as access to healthcare, insurance, and employment; disability benefits; and co-payment aid. Their handouts include “The Managed Care Answer Guide” and “Your Guide to the Appeals Process.”
800.532.5274, [patientadvocate.org](https://www.patientadvocate.org)

Free Phone Apps

- **Cancer.net** *by the American Society of Clinical Oncology*: This app lets users save information about prescriptions, including photos of labels and bottles. It has a symptoms tracker, sample questions to ask your doctor, and guides to 120 types of cancer.
- **Chemo Brain Doc Notes** *by a cancer patient and the CrowdCare Foundation Inc*: This app helps you organize and manage treatment information by recording answers from doctors and nurses.
- **Create to Heal** *by the Women Wings Create to Heal Program*: This app uses the healing power of creativity to relieve stress during long treatment and recovery hours. Use the app to play music and explore art, color, meditation, and creative writing tools.
- **Med Helper** is a medicine compliance and tracking app that you can use to set reminders for complex medicine schedules. It also has a notes feature that records dates, time-stamps notes, and can be used to track side effects and symptoms. Extra features include medicine inventory tracking.
- **My Cancer Manager** *by Cancer Support Community*: This mobile screening app provides patients and caregivers with a unique set of tools to address their physical, social, and emotional concerns related to living with cancer.
- **My PearlPoint Cancer Side Effects Helper** *by PearlPoint Cancer Support*: This app helps users learn about what is causing side effects and how to ease discomfort.
- **Pocket Cancer Care Guide** *by the National Coalition for Cancer Survivorship*: This app lets users record answers from doctors and nurses and links appointments to a calendar. It includes definitions of medical terms.
- **StoryCorps** *from the nonprofit organization StoryCorps*: The app has given 100,000 people the chance to record interviews about their lives, pass wisdom from one generation to the next, and leave a legacy for the future. It provides interview questions and lets people make a recording using their own phone. They can then upload their story to the StoryCorps website to be shared with friends and family.
- **Stress Free Now** *by the Cleveland Clinic*: This app helps patients and caregivers lower stress by helping them to become truly present.

Questions?

Your questions are important. Ask your doctor or healthcare provider to connect you with a social worker who can help answer your questions or concerns.

Your provider or social worker's name and number:
