

Chapter 7 - Cancer Information and resources

Information and support resources for clients diagnosed with cancer and their families

American Cancer Society - www.cancer.org comprehensive website provides health education, cancer information and more.

- (800) ACS-2345 National call center; stay on line for language translator support
 - Provides educational materials, information and referrals, prostheses
 - Wig bank and TLC catalog - low cost head coverings, bras and prosthesis
 - Road to Recovery - Transportation programs - call 1800-227-2345 to find out if your community provides this service
 - Room for Life - Hotel rooms for patients from out of town
 - Support, Reach to Recovery - Buddy program
 - Cancer Survivors Network - Web-based support group

Angel Care Breast Cancer Foundation - www.angelcarefoundation.org

- 877) 417-3484
- Provides on-going one-on-one support by breast cancer survivors for newly diagnosed breast cancer patients.

CANCERcare - www.cancercare.org

- (800) 813-HOPE (1-800-813-4673)
- CancerCare is a national nonprofit organization whose mission is to provide free professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved.
- CancerCare programs - include on-line support groups, counseling, education, financial assistance and practical help - are provided by trained oncology social workers and are completely free of charge.

Cancer Information Service - www.cancer.gov

- (800) 4-CANCER (1-800-422-6237)
- Cancer librarians answer your questions about cancer
- Help with quitting smoking
- Health and Cancer education materials
- Spanish speaking specialists available

Cancer Lifeline - www.cancerlifeline.org

- Seattle: 6522 Fremont Avenue N., Seattle
 - Also located within UW Medicine at Valley Medical Center & Northwest Hospitals, Evergreen Health
- 24 hour telephone Lifeline - (800) 255-5505; Local: (206) 297-2500
 - Staffed by Cancer Lifeline volunteers who are supportive, caring listeners. Patients, family members, or friends who call with questions about any part of the cancer experience can speak frankly and openly; their concerns are always taken seriously.
- Cancer Lifeline offers a wide range of programs, support groups, financial assistance, classes, activities and presentations aimed at optimizing the quality of life for cancer patients and cancer survivors and their families, friends, co-workers and caregivers.
- All services free of charge

Crisis Clinic: Helping Lives on the Line and 211- www.crisisclinic.org

- (866) 4CRISIS (427-4747) For 24-hour assistance for people with emotional crisis
- (800) 621-4636 for 211 Community Information Line. Available from 8 a.m. - 6 p.m. to provide community resources and information for social and human services.

Gilda's Club Seattle - www.gildasclubseattle.org

- 1400 Broadway, Seattle
- (206) 709-1400
- The web site provides details about programs that give social and emotional support to individuals and families dealing with cancer - support that may be missing from one's life.
 - The Clubhouse staff, volunteers and members build that support together. Call for a program brochure. It's all free of charge.

Hopelink - www.hope-link.org in King County

- (800) 923-7433
 - Hopelink emergency service centers are located in Bellevue, Kirkland, Northshore, Redmond, Shoreline and Sno-Valley
- Hopelink serves homeless and low income families, children, seniors and people with disabilities, promoting self-sufficiency for all members of the community.
- Transportation to medical appointments is provided to all Medicaid patients in King County.

Living Beyond Breast Cancer - www.lbbc.org

- Cancer Survivors Help Line: (888) 753-5222
- Live telephone coverage on Tuesdays. On other days calls are returned by volunteers within 24 hours.
- A national education and support organization,
 - Breast cancer information
 - Connection and support that will help you manage a breast cancer diagnosis, through treatment and beyond.

Medical Information:**National Institutes of Health**

- Many links, including a dictionary of cancer terms
 - www.nlm.nih.gov/medlineplus/cancer.html
- For fact sheets about the side effects of chemo:
 - www.nlm.nih.gov/medlineplus/cancerchemotherapy.html

College of American Pathologists - www.mybiopsy.org

- Information about the disease, treatment options, key terms, pictures of normal and diseased tissue, questions to ask your doctor

Cancer Genetic Counseling Resources

- Swedish Hospital Medical Center – Hereditary Cancer Clinic
1221 Madison, Suite 1220, Seattle, WA 98104
Appointments: (206) 215-4377; Questions: (206) 386-2552 – Bob Resta
- University of Washington Medical Center – Medical Genetics Clinic
1959 NE Pacific, Seattle, WA 98195
(206) 598-4030

Operation Uplift - www.operationuplift.org

- 118 N. Liberty St. Port Angeles, WA Phone: (360) 457-5141
 - Limited hours, call first
- Provides no-cost support groups, prosthesis, wigs, head coverings, mammogram vouchers and limited financial assistance for transportation

Patient Advocate Foundation - www.patientadvocate.org

- National non-profit that uses case managers and healthcare attorneys to act as a liaison for complex situations between patients and insurers, employers, creditors, etc. (Clinics should help first with simpler problems.)
- Supported by professional organizations, universities and pharmaceutical companies.

Prescription Assistance Programs

Partnership for Prescription Assistance - www.pparx.org

- (888) 4PPA-NOW (888) 477-2669
- Access to over 475 prescription assistance programs, covering more than 2500 medications

Washington Prescription Discount Program (WPDP) - www.rx.wa.gov

- To enroll, call (800) 913-4146 or apply on-line at www.rx.wa.gov
 - Open to all Washington State residents who do not have prescription drug insurance *coverage* or whose insurance does not cover all of their prescription drug needs.

RX outreach - www.rxoutreach.com

- (800) 769-3880
- Provides prescription drug assistance for clients based on income and number of dependents living in their home.

NeedyMeds - www.needymeds.org A national non-profit helping people locate assistance programs to help them afford their medications and other healthcare costs.

- The information at NeedyMeds is available anonymously and free of charge

Social Service Agencies

DSHS (Department of Social and Health Services) Assistance:

- **King County 211 - Community Information Line - (800) 621-4636**
 - Available from 8 a.m. - 6 p.m. to provide community resources and information about social and human services
- **DSHS Community Service Offices - www.dshs.wa.gov - (800) 562-3022**
 - For general information about Medicaid benefits

Public Health: Seattle and King County - Access and Outreach

- (206) 296-4841
 - Provides social and health resources.
- **Apple Health - Community Health Access Program - (800) 756-5437**
 - Provides assistance for Apple Health applications

- Provides assistance with Qualified Health Plan applications during open enrollment
- Provides referrals to BCCHP

Medicare for Qualified Beneficiaries

- [MyMedicare.gov](https://www.medicare.gov), or call 1-800-MEDICARE
- **SHIBA (Statewide Health Insurance Benefits Advisors)** www.insurance.wa.gov/shiba/
 - Help Line: (800) 562-6900
 - Understand your health care coverage options and rights
 - Find affordable health care coverage
 - Evaluate and compare health insurance plans

Susan G. Komen for the Cure, Puget Sound Affiliate - www.komenpugetsound.org

- **(206) 633-0303**
- Susan G. Komen for the Cure is a global leader in the fight against breast cancer. The affiliate supports innovative research and community-based outreach, education and treatment support activities.
- The local affiliate offers yearly grant writing workshops and technical assistance/capacity building small grants prior to their annual Large Community Grant Program; also offers monthly small grants for outreach activities/events, health fairs, conferences and mobile mammography.
- Breast health educational materials provided at no cost.

Team Survivor Northwest - www.teamsurvivornw.org

- (206) 732-8350
- Broad range of fitness and education programs at any stage of cancer recovery, at any fitness level.
 - Cycling, triathlons, mountain climbing, hiking, yoga and more