

Virtual Support Communities for Cancer Patients & Caregivers

PREMIERE ONCOLOGY FOUNDATION, 2020 SANTA MONICA BLVD., SUITE 600, SANTA MONICA, 90404

Virtual online support groups are available 24/7. If you are up late, feeling scared, anxious, isolated or depressed, you will likely find a fellow cancer patient somewhere in cyberspace with your diagnosis having exactly the same feelings and wanting to talk about them.

There is great value in communicating with others who have walked down the same road. Some will have gone ahead of you and can give advice and some will be starting behind you and you may be of great service in their journey.

One of our patients finds that her virtual community is a great place to vent. She doesn't have to be careful with her words as she's communicating on-line to folks who have 'been there, done that.' It can help take some of the burden off of family and caregivers, and it can certainly release stress.

Do you wonder how many people with your condition are having the same treatment? Are you interested in clinical trials? Many of these sites keep track of the number of member who are on various treatment protocols and provide information about new trials and treatment options. All of this information should be discussed with your medical

oncologist, but the more we know the more we can feel in control, and that's a very important factor in cancer survivorship.

Caregivers often find themselves in the most difficult position of all, unable to react candidly for fear of increasing a patient's stress and anxiety. Many suffer from caregiver compassion fatigue and as a result, need as much support as those they are caring for. Many sites have patients and caregivers as members with some sites designed exclusively for caregivers. These sites and the support they give can make a big difference as you devote your life to someone very well loved.

■ LUNG CANCER SUPPORT SITES

www.acor.org
www.lungevity.org
www.cancercompass.com
www.dailystrength.org

■ BREAST CANCER SUPPORT SITES

www.bcsupport.org
www.breastcancer.org
www.csn.cancer.org
www.a-zbreastcancer.com
www.pink-link.org
<http://boards.webmd.com/webx/topics/hd/cancer>

■ COLO-RECTAL/ANAL CANCER SITES

www.cancercompass.com/message-board/cancers/rectal-cancer/1,0,119,29.htm
www.blogforacure.com/frontend/weblogs/listing.php?type=Anal+Cancer
www.cancerforums.net/forums/21-Colon-Cancer-and-Rectal-Cancer-Forum
[http://csn.cancer.org/forum/196 \(anal\)](http://csn.cancer.org/forum/196_(anal))
[http://csn.cancer.org/forum/128 \(colorectal\)](http://csn.cancer.org/forum/128_(colorectal))
<http://health.groups.yahoo.com/group/anal-cancer>
www.colon@listserv.acor.org

■ PROSTATE / BLADDER CANCER SUPPORT SITES

www.prostatecancerfoundation.org
www.acor.org/prostate.html
www.cancercompass.com
<http://health.groups.yahoo.com/groups/prostatecancersupport>
<http://health.groups.yahoo.com/group/bladdercancer>
http://forum.urologychannel.com/hc-forum/bladder-cancer_peer-to-peer_f275
www.inspire.com/groups/bladder-cancer-advocacy-network
www.dailystrength.org/c/Bladder-Cancer/support-group

■ SARCOMA SUPPORT GROUPS

www.sarcomaalliance.com/bulletinboard.html
<http://csn.cancer.org/forum/153>
<http://listserv.acor.org/SCRIPTS/WA-ACOR.EXE?SUBED1=KAPOSI&A=1>
www.inspire.com/groups/soft-tissue-sarcomas

■ PANCREATIC CANCER

www.dailystrength.org/c/Pancreatic-Cancer/support-group
<http://www.acor.org>
www.cancercompass.com/message-board/cancers/pancreatic-cancer/1,0,119,27.htm
www.pancreatic.org/site/c.htJY8MPlwE/b.640099/k.88ED/Home_page_for_The_Hirshberg_Foundation_for_Pancreatic_Cancer_Research.htm

■ UTERINE / OVARIAN CANCER

<http://health.groups.yahoo.com/group/Endometrialstromalsarcoma>
<http://csn.cancer.org/forum/189>

www.dailystrength.org/c/Uterine-Cancer/support-groups
<http://eyesonthepize.org>
<http://csn.cancer.org/forum/132>
www.acor.org
www.dailystrength.org/c/Ovarian-Cancer/support-group
www.ovariancancer.org
<http://health.groups.yahoo.com/group/Gyn-Gals/>
www.cancercompass.com/message-board/cancers/gynecological-cancers/ovarian-cancer/1,0,119,38,26.htm
www.inspire.com/groups/ovarian-cancer-national-alliance/

■ GIST

www.acor.org (Gist group has close to 700 members)
<http://gistsupport.org>
www.liferaftgroup.org

■ HEAD AND NECK CANCER SUPPORT SITES

www.headandneck.org
www.oncologychannel.com
<http://csn.cancer.org/forum/164>

■ THYROID CANCER SUPPORT GROUPS

www.thyca.org/email.htm
www.cancercompass.com/message-board/cancers/thyroid-cancer/1,0,119,71.htm
<http://csn.cancer.org/forum/159>
www.dailystrength.org/c/Thyroid-Cancer/support-group

■ NON-HODGKIN'S LYMPHOMA SUPPORT SITES

www.acor.org
www.nhlcyberfamily.org
www.supportgroups.com/support-groups/non-hodgkins-lymphoma-support-groups

■ HODGKIN'S LYMPHOMA SUPPORT SITES

www.acor.org
www.dailystrength.org
www.supportgroups.com/support-groups/hodgkins-lymphoma-support-groups

■ MELANOMA

www.melanoma.org/community/mrf-bulletin-board
<http://health.groups.yahoo.com/group/dealingwithmelanoma>
www.cancercompass.com/messageboard/cancers/melanoma/1,0,119,11.htm
www.acor.org (the best requires signing up)

■ CAREGIVER SUPPORT SITES

<http://health.groups.yahoo.com/group/cancercaregiversrus>
www.acor.org/caregivers.html
www.thefamilycaregiver.org
www.nfcacares.org/ed/bb/index.cfm



Uninsured? You're Not Alone. Cancer Patients Have Options.

CANCER LEGAL RESOURCE CENTER (CLRC)

919 Albany Street, Los Angeles, CA 90015
866-THE-CLRC

www.CancerLegalResourceCenter.org

The CLRC has a national, toll-free Telephone Assistance Line (866-THE-CLRC) where callers can receive free and confidential information about relevant laws and resources for their particular situation, including in-depth information for uninsured patients.

MEDICARE

You might qualify for Medicare, even if you are under the age of 65, if you have a disability that is expected to last at least a year or is life threatening. In order to get Medicare because you are disabled, you have to apply for Social Security Disability Insurance (SSDI) and you must receive SSDI for 24 months before you can enroll in Medicare. Until that time, you will have to find another source of health insurance, like COBRA (see Sections 1 and 2) or one of the other options discussed below. To learn more about SSDI, call the Social Security Administration's toll free number 1.800.772.1213 (1.800.325.0778 TTY). To learn more about Medicare, call 1.800.MEDICARE (633.4227) or go to www.medicare.gov.

MEDICAID

If you have a disability and your income is low or you spend most of your income on health care, you may qualify for Medicaid. People who have a disability usually qualify for Medicaid because they get Supplemental Security Income (SSI), but you may be able to get Medicaid while you are waiting to find out if you are eligible for SSI. Even if you do not qualify for SSI, you may still be able to get health insurance through Medicaid. To learn more about the rules and how to apply, contact the California Medicaid toll-free line at 1.800.541.5555 (1.866.784.2595 TTY).

CALIFORNIA'S HIGH-RISK POOL FOR PEOPLE WITH HEALTH PROBLEMS

High-risk pools are state-run programs that sell health insurance to a small number of people who are turned away by insurance companies or are offered very limited or expensive policies because they or a family member have an existing health problem. To learn more about the California Managed Risk Medical Insurance Program, California's high-risk pool, call 1.800.289.6574 or visit www.mrmib.ca.gov.

MORE HELP

Because these programs are so complicated, you may want additional help. For example, many people are turned down for Medicare or Medicaid coverage the first time they apply. You may need to appeal this decision more than once. You may be able to get help from the following:

- You can call the **Legal Aid Foundation of Los Angeles** at 1.800.399.4529 to find the legal services office that is closest to where you live. You can also check www.lsc.gov.

- **State Health Insurance Assistance Programs** (SHIPs) provide information, counseling and assistance to Medicare beneficiaries. Contact California's SHIP, the **Health Insurance Counseling and Advocacy Program** (HICAP), at 1.800.434.0222.

- **Protection and Advocacy** (P&A) programs provide legal representation and other advocacy services under all federal and state laws to all people with disabilities. In California, contact **Protection & Advocacy, Inc.** at 1.800.776.5746 or visit www.pai-ca.org

LOW-COST PRIMARY HEALTH CARE

A local community health clinic may be able to help you get low-cost primary health care. These clinics offer health services for the entire community on a sliding-scale basis. You can check for a community health clinic near you at www.bphc.hrsa.gov or by calling the **California Primary Care Association** at 916.440.8170. The US Uninsured Help Line 800.234.1317 The Help Line is a phone service designed to help you find free and low-cost health insurance. Available 24 hours a day, seven days a week, in multiple languages, the service is staffed by specialists who can provide callers with three main services. They can describe the public or private options for which the caller may be eligible, connect a caller to representatives from various plans and help find special resources pertaining to a caller's unique health insurance eligibility situation.

HELP WITH HOSPITAL BILLS

If you are uninsured and have to go to the hospital to get care, you may be able to receive some help paying your hospital bills. Some non-profit hospitals are required to provide help because of their mission and tax status. Some states have laws that require hospitals to provide care for free or at reduced prices to people who are eligible. In addition, many hospitals have financial assistance programs. There are also some federal laws that can help you. If you receive a bill, it's important that you make an effort to pay. Ask to speak with a financial counselor or a patient advocate at the hospital. You may be able to negotiate a lower bill or a better bill payment plan.

STATE PHARMACY ASSISTANCE PROGRAMS

California has a program to help qualifying individuals with their prescription drug costs. If you are enrolled in Medicare and you show your Medicare card when picking up your prescriptions, you can get a discount off the purchase price. This program is only available at participating pharmacies. To find

out more, talk to your pharmacist or contact HICAP at 1.800.434.0222. You can also get program information at www.dhs.ca.gov/mcs/mcpd/MBB/contracting/sb393. You may also qualify for other programs in California that can help you with drug costs, health care costs and other expenses. The National Council on Aging's web site, www.benefitschecup.org, has a questionnaire that you can fill out to learn about a variety of state-based services for which you might qualify. Although the site focuses on services for those over 65, many of the programs are available to younger individuals as well.

CANCERCARE

For more than 60 years, CancerCare has provided limited grants for certain expenses related to treatment. Our financial assistance program is one of the longest running and best regarded in the country. In order to qualify, you need to provide CancerCare with information about your income, savings and expenses, and in some cases provide invoices for the cost of service. Your healthcare professional must also provide information on your cancer. Download the financial assistance application at: www.cancer-care.org/get_help/assistance/cc_financial.php. Please contact CancerCare at 1.800.813.HOPE (4673) for more information.

OTHER FREE OR DISCOUNTED PRESCRIPTION DRUG PROGRAMS

You may be eligible for a free or discounted prescription drug program through the company that makes the drugs you need. You can get more information about these programs at www.rxassist.org and www.needy meds.com.

Some programs you may be eligible for include:

PFIZER HELPFUL ANSWERS

This is a family of programs to help people without prescription drug coverage save on many Pfizer medicines, no matter their age or income. 1.866.706.2400 www.pfizerhelpfulanswers.com

MERCK PATIENT ASSISTANCE AND PRESCRIPTION DISCOUNT PROGRAMS

These programs provide free and discounted Merck medicines to patients who cannot afford their prescribed medicines. www.merckhelps.com

VETERANS' ASSISTANCE

If you are a veteran, you may be entitled to care and prescription drug coverage through a VA medical facility. You may be eligible for assistance if you served on active duty and have an honorable or general discharge. Contact the VA Health Benefits Service Center toll-free at 1.877.222.VETS or visit www.va.gov/health.



Transportation Information for Patients, Family & Friends

PREMIERE ONCOLOGY FOUNDATION, 2020 SANTA MONICA BLVD., SUITE 600, SANTA MONICA, 90404

AMERICAN CANCER SOCIETY

(800) ACS-2345

www.cancer.org

Every day thousands of cancer patients need a ride to treatment, but some may not have a way to get there. The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer and do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need.

ACCESS PARATRANSIT

(800) 827-0829

www.asila.org/home

Curb-to-curb service for disabled individuals in Los Angeles County who are unable to use accessible bus services. An in-person interview is required to determine eligibility. The application process takes about a month. Transportation is available to the application appointment.

CITYRIDE DIAL-A-RIDE

(310) 808-7433 (213) 808-7433

(818) 808-7433 (323) 290-2060

www.ladottransit.com/other/cityride

Cityride is a program for individuals in the City of Los Angeles, aged 65 or older and for qualified disabled persons. As a Cityride registrant, you may purchase a book of 84 transit scrip once quarterly and use them to obtain discounts on taxi, and/or Cityride Dial-A-Ride services. The transit scrip will expire on June 30th of each year. Please call to apply for service. It takes two weeks to process requests.

BEVERLY HILLS SHUTTLE

(310) 275-2791

www.beverlyhills.org/services/senior_programs/senior_services.asp

You must be a resident of Beverly Hills age 62 and older, or disabled persons of any age. This service requires advance reservations. The shuttle bus runs from 9 a.m. to 3:30 p.m. You will need to mail a copy of your picture ID and proof of residency to: MV Transportation, 405 S. Hewitt St. Los Angeles, CA 90013 or fax the information to (213) 253-2651

FREDA MOHR SENIOR CENTER

Jewish Family Services

Transportation Program

(323) 932-1474

www.jfsla.org/index.php?/programs/details/70/27

330 N. Fairfax Ave., Los Angeles, 90036 Servicing the Beverly-Fairfax and Metro Los Angeles area, the JFS/Transportation Program helps clients get to doctors' appointments, the senior center, grocery shopping and other important errands. Clients get much more than a driver and a vehicle; they get a caring professional who knows them and is sensitive to their needs. Please call for an application. Requires two weeks advance notice. You must be 65+ or disabled and live in the service area.

MALIBU DIAL-A-RIDE PROGRAM

(310) 456-2489

www.ci.malibu.ca.us/index.cfm?fuseaction=DetailGroup&CID=11917&navID=382

You must be a resident of Malibu, 60 years of age or older or of any age if you are disabled. You must register at the Malibu Senior Center located at Malibu City Hall.

SANTA MONICA WISE & HEALTHY AGING SENIOR SERVICES

DIAL-A-RIDE PROGRAM

(310) 394-9871 to register

www.wiseandhealthyaging.org/cms/1085.html

Once registered, to make a reservation for pick-up please call their dispatch phone line at (310) 394-9816. The Dial-a-Ride program offers transportation for any purpose (doctor's appointments, shopping, leisure or social activities) during set daytime hours seven days a week.

WEST HOLLYWOOD DIAL A RIDE

(800) 447-2189

www.weho.org/index.cfm/fuseaction/detail/navid/69/cid/67

Free transportation in the West Hollywood area for residents 60+ and disabled of any age. Call between 7 a.m. to 5 p.m., Monday through Friday for trips between 8:30 a.m. to 4:30 p.m. Monday through Friday, up to 45 minutes before your trip. Medical appointments may be made up to 2 weeks in advance.

WEST LOS ANGELES FELICIA MAHOOD SENIOR CENTER

(310) 231-0369

11338 Santa Monica Boulevard
Los Angeles, CA 90028

Please call for an application. You must be a senior citizen or disabled. General boundaries of service area are: West of Overland; South of Sunset; north of Washington/Venice; East of Centinela

METROPOLITAN TRANSIT AUTHORITY - MTA

(800) 266-6883

www.smart-traveler.com
or www.mta.net

Financial Assistance

The financial burden of a cancer diagnosis is often as frightening and challenging to patients and their loved ones as the cancer diagnosis itself. The following links are provided to assist patients and families with financial assistance and support resources.

- www.acap.org - Claims assistance professionals
- www.actorsfund.org - Patients in the entertainment community
- www.aoa.gov - Administration on Aging
- www.aircharitynetwork.org - People needing transportation for medical crises
- www.beckstrand.org - Financial assistance for cancer patients in Orange County, CA
- www.braintumor.org - Provides financial assistance to eligible patients
- www.cancer.org - Patients with cancer
- www.kidneyfund.org - Patients with kidney disease
- www.angelflight.com - Anyone with a medical related need
- www.angelfoodministries.com - Low income families in 35 states
- www.bleedpurple.org - College students with cancer
- www.networkofstrenght.org - Peer support for breast cancer patients
- www.bonemarrow.org - Transplant patients
- www.cdc.gov/cancer/nbcedp/legislation/ - Low-income women with breast/cervical cancer
- www.bmcf.net - Cancer patients aged 18 to 40
- www.cameronsiemers.org - Patients aged 18-28 with a life threatening illness
- www.cancerforcollege.org - cancer survivors
- www.cancersurvivorsfund.org - young adult cancer survivors
- www.cancercare.org - Individuals affected by cancer
- www.canceractionnow.org - Makes experimental drugs available on a compassionate basis
- www.castingforrecovery.org - Breast cancer survivors
- www.catholiccharitiesusa.org - People of all faiths who need mortgage & rent, medication assistance
- www.cms.gov - Low-income families
- www.chailifeline.org - Children with chronic illness and their families
- www.cdfund.org - Underinsured patients with chronic disease
- www.clrc.org - Offers information on cancer-related legal issues
- www.corpangelnetwork.org - Cancer patient traveling for treatment
- www.dreamfoundation.org - Adults with life-threatening illness
- www.fda.gov/oashi/cancer/cancer.html - Provides information on new drugs in development
- www.fisherhouse.org - Military families
- www.freegasusa.org - Low-income patients
- www.friendsofman.org - Low-income and disabled patients
- www.govbenefits.gov - Patients needing government assistance
- www.healthwellfoundation.org - Patients unable to afford insurance fees
- www.hrsa.gov/hillburton - Uninsured, isolated or medically vulnerable patients
- www.joeshouse.org - Cancer patients traveling for treatment
- www.kristylasch.org - Low-income women under 30 with breast cancer
- www.liheap.org - Utility bill pay assistance for cancer patients
- www.lsc.gov - Low-income patients
- www.lifelinepilots.org - Patients with medical emergencies
- www.medbankus.org - Provides prescription drug discounts
- www.medicare.gov - Eligible low-income individuals
- www.medicarerights.org - Older adults and people with disabilities
- www.nati.org - Provides financial assistance to children and families of the terminally ill
- www.nahhh.org - Families with a loved one receiving treatment far from home
- www.needymeds.org - Provides information about patient assistance programs
- www.patienttravel.org - Patients in need of long-distance medical air transport
- www.nationalcancercoalition.org - Cancer patients and their families
- www.rarediseases.org - Patients with kidney cancer, liver cancer, Hodgkin's lymphoma
- www.transplantfund.org - Cancer patients in need of transplants
- www.copays.org - Financially & medically eligible patients
- www.pparx.org - Qualifying patients without prescription drug coverage
- www.patientadvocate.org - Patients with cancer, college scholarships to survivors
- www.uneedpsi.org - Patients unable to afford insurance fees
- www.rxassist.org - Patients who need help paying for medications
- www.rxoutreach.com - Patient assistance program
- www.thesamfund.org - Cancer survivors 17-35 in age
- www.sarcomaalliance.org - Patients affected by sarcoma
- www.insurekidsnow.gov - Children whose families cannot afford insurance
- www.leukemia-lymphoma.org - Low-income patients with leukemia/lymphoma
- www.va.gov - Veterans and their families
- www.ssa.gov - Older adults and other eligible individuals
- www.zsrf.org - Patients with chronic illness and their families