

If you have been diagnosed with cancer, you will likely have many doctor's appointments, scans, blood tests, and treatments—sometimes at different locations both near and far to your home. These medical appointments may continue after treatment ends. You may also need transportation to get to the store, religious center, or to community agencies to participate in support programs.

Getting to appointments can be challenging for many reasons. If you are going for radiation therapy, you may find it challenging to get a ride to therapy on a daily basis for several weeks. Public transportation can be difficult to navigate if you are feeling weak or ill. Some people travel long distances for cancer treatment and the cost of gas and parking can add to already strained finances. Maybe you have a car but don't feel up to driving and need help getting to and from treatment. Even though getting to all these appointments is a challenge, it is critical that you do your best to keep all your scheduled treatments and medical visits so that you can keep your treatment on track.

The first place to start if you need help with transportation is often with your family and friends. Asking for help can be hard but you might be surprised by the response you get from those who want to help. How often have people said, *"Please let me know how I can help?"* Providing a ride to and from the cancer center may be the perfect way to help you. Online scheduling tools can help people see what is needed and sign up for times they are available. Check out these websites for more information:

■ **Cancer Support Community's MyLifeLine**

www.mylifeline.org

■ **Lotsa Helping Hands**

www.lotsahelpinghands.com

■ **CaringBridge**

www.caringbridge.org

Faith-based groups and organizations may also have volunteers who can help with transportation. Ask your oncologist or nurse if there is an oncology social worker or navigator who can help you find local transportation assistance. If you are disabled or a senior citizen, some city, county, and state



www.CancerSupportCommunity.org
1-888-793-9355



agencies can often arrange for low-cost or free local transportation. Some pharmaceutical companies have patient assistance programs that provide gas cards or reimbursement for travel for specific treatments.

The American Cancer Society's *Road to Recovery*[®] program may have transportation to and from treatment available for people who have cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time to drive patients to and from treatment. Call 800-227-2345 or go to www.cancer.org to see if there is a *Road to Recovery*[®] program in your community.

Several organizations offer transportation assistance if you have to travel far from home for treatment.

These include:

■ **Air Charity Network**

877-621-7177

www.aircharitynetwork.org

■ **Corporate Angel Network**

866-328-1313

www.corpangelnetwork.org

■ **Lifeline Pilots**

800-822-7972

www.lifelinepilots.org

If you need lodging near a treatment center, Joe's House, 877-563-7468, www.joeshouse.org is a nonprofit organization providing a nationwide list of places to stay to assist cancer patients and their families in finding housing.

The Cancer Support Community's Cancer Support Helpline[®] can help get you connected to support no matter where you live. Visit www.CancerSupportCommunity.org or call the toll-free helpline at 1-888-793-9355.

In March 2020, Cancer Support Community partnered with Airbnb to provide free housing for cancer patients and caregivers, provided they meet certain geographic and income requirements. Call the Cancer Support Community Airbnb Helpline, 877-793-0498, to learn more and apply for the program.

General Cancer Information, Survivorship & Support

Cancer Support Community • 888-793-9355 • www.CancerSupportCommunity.org

American Cancer Society • 800-227-2345 • www.cancer.org

CancerCare • 800-813-4673 • www.cancercare.org

Cancer.net • 888-651-3038 • www.cancer.net

Caregiver Action Network • 855-227-3640 • www.caregiveraction.org

Healthcare.gov • www.healthcare.gov

Livestrong Foundation • 866-673-7205 • www.livestrong.org

National Cancer Institute • 800-422-6237 • www.cancer.gov

National Center for Complementary and Alternative Medicine • 888-644-6226 • www.nccam.nih.gov

Patient Advocate Foundation • 800-532-5274 • www.patientadvocate.org

CANCER SUPPORT COMMUNITY RESOURCES

The Cancer Support Community's (CSC) resources and programs are available free of charge. Call 888-793-9355 or visit www.CancerSupportCommunity.org for more info.

Cancer Support Helpline®—Have questions, concerns or looking for resources? Call CSC's toll-free Cancer Support Helpline (888-793-9355), available in 200 languages Mon–Fri, 9 am–9 pm ET.

Open to Options®—Preparing for your next appointment? Our trained specialists can help you create a list of questions to share with your doctor. Make an appointment by calling 888-793-9355 or by contacting your local CSC or Gilda's Club.

Frankly Speaking About Cancer®—Trusted information for cancer patients and their loved ones is available through publications, online, and in-person programs.

www.CancerSupportCommunity.org/FranklySpeakingAboutCancer.

Services at Local CSCs and Gilda's Clubs—With the help of 170 locations, CSC and Gilda's Club affiliates provide services free of charge to people touched by cancer. Attend support groups, educational sessions, wellness programs, and more at a location near you. www.CancerSupportCommunity.org/FindLocation.

MyLifeLine—CSC's private, online community allows patients and caregivers to easily connect with friends and family to receive social, emotional, and practical support throughout the cancer journey and beyond. Connect with other caregivers by joining the Caregiver Support online discussion board. Sign up at www.MyLifeLine.org.

Grassroots Network—Make sure your voice is heard by federal and state policy makers on issues affecting cancer patients and survivors by joining our Network at www.CancerSupportCommunity.org/become-advocate.

Cancer Experience Registry®—Help others by sharing your cancer patient or cancer caregiver experience via survey at www.CancerExperienceRegistry.org.

The Cancer Support Community provides this information as a service. This publication is not intended to take the place of medical care or the advice of your doctor. We strongly suggest consulting your doctor or other health care professionals to answer questions and learn more.

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