

When a loved one has cancer, they will likely have many doctor's appointments, scans, blood tests, and treatments. They are sometimes at different locations, both near and far to your home. They may also need transportation to get to support programs.

Getting to appointments can be challenging for many reasons. If your loved one is going for radiation therapy, it may be challenging to get them to therapy daily for several weeks. Often times, caregivers may need to set up a network of friends or resources to help meet this daily need. Public transit can be difficult to navigate if you are feeling weak or ill. It is usually not an option. Some people travel long distances for cancer treatment. The cost of gas and parking can add to already-strained finances. Getting to all these appointments is a challenge. It is critical that your loved one keeps all their scheduled treatments and medical visits.

The first place to start if you need help with transportation is often with other family and friends. Asking for help can be hard but the response you get from those who want to help may surprise you. 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 and your loved one. Online scheduling tools, like **MyLifeLine** (see pg. 2), can help people see what is needed and sign up to help.

Faith-based groups may also have volunteers who can help with driving. Oncology social workers or navigators can also help you find local support. Ask your health care team if they have any referrals. If you are disabled or a senior citizen, some agencies arrange for low-cost or free local transportation. Some drug companies have patient assistance programs that provide gas cards or travel reimbursement for specific treatments.

The American Cancer Society's **Road to Recovery**[®] program may have driving help to and from treatment. 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.



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



MyLifeLine is CSC's private, online community where patients and caregivers are able to easily connect with friends and family to receive social, emotional, and practical support throughout the cancer journey and beyond.

You can use this website to:

- Keep friends and family informed and involved through a personalized blog. You can ask for help with rides, meals, etc. in the Helping Center on your page. As a caregiver, your loved one can give you access as an Assigned Care Coordinator to run their page.
- Connect with other caregivers by joining the Caregiver Support online discussion board. Discussion boards are available 24/7 and are monitored by a licensed professional.
- Learn more about cancer through **Frankly Speaking About Cancer**[®] resources.

Sign up at **MyLifeLine.org**.

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

Air Charity Network

877-621-7177 • www.aircharitynetwork.org

Corporate Angel Network

914-328-1313 • www.corpangelnetwork.org

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

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

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.

© October 2020. Cancer Support Community. All rights reserved.