

Adolescent and Young Adult Perlmutter Cancer Center

RESOURCE PACKET

Manhattan



Contents

If you are receiving care at the Perlmutter Cancer Center, we want to ensure you're aware of the many services available to support you. This packet includes both NYU-affiliated services and external resources. Click on the link to be directed to each resource.

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PCC Services and Information

Resources for Adolescent and Young Adults at the PCC

[Fertility and Cancer](#)

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[Heart Health During and After Cancer](#)

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[Quitting Tobacco](#)

Informational Websites

If you are receiving care at the Perlmutter Cancer Center, we want to ensure you're aware of the many services available to support you. This packet includes both NYU-affiliated services and external resources. Click on the link to be directed to each resource.

General Education

[NCI](#)

Provides cancer related education, research, resources, and disease specific information.

[American Cancer Society](#)

Provides expert information, patient support, and education related to cancer.

[LiveStrong](#)

LiveStrong provides resources for patients with cancer and survivors.

[NCCN AYA Guidelines](#)

A guide for AYA patients with cancer.

Chemotherapy and Radiation

[Chemotherapy and You](#)

NCI guide to chemotherapy, side effects, and how to care for yourself before, during, and after treatment.

[Radiation Therapy and You](#)

NCI guide to radiation therapy, side effects, and how to care for yourself before, during, and after treatment.

Nutrition

[Nutrition](#)

NCI guide to nutrition during and after your cancer treatment.

Fertility/Sexual Education

[Sex and Adult Female with Cancer](#)

American Cancer Society guidelines to cancer, sex, and sexuality for female patients.

[Sex and Adult Male with Cancer](#)

American Cancer Society guidelines to cancer, sex, and sexuality for male patients.

Informational Websites

Sexual Education (Straight or Queer)

[American Cancer Society](#)

Information on how cancer and cancer treatment can effect sexuality

Caregiver Guide

[Caring For Your Loved One With Cancer](#)

This booklet is designed to support a caregiver in caring for a loved one with cancer.

Survivorship

[Life After Cancer Treatment](#)

A booklet designed to help you navigate life after cancer treatment.

LGBTQ & Cancer

<u>Transgender Cancer Patient Project</u>	Supports and provides community for fellow transgender cancer patients, and spearheads activism to de-gender healthcare at large.
<u>Queering Cancer</u>	Canadian website with information, education, and stories of queer patients with cancer.
<u>National LGBTQ Cancer Network</u>	Provides programming, support, and services for LGBTQ patients with cancer
<u>National LGBTQ Cancer Project</u>	Works to improve the lives of LGT cancer patients and survivors through education, training, and advocacy.

Fertility

<u>LIVESTRONG Fertility</u>	LIVESTRONG Fertility helps thousands of cancer patients gain access to services that alleviate the burden of costly fertility preservation.
<u>Walgreens Heartbeat Program</u>	Ferring Pharmaceuticals offers a variety of programs and options including free SELECT medications for patients with cancer undergoing fertility preservation.
<u>Take Charge</u>	Providing fertility options now will help you create the family you want later, whether you are a patient, partner, or family member.
<u>Save My Fertility</u>	Helps preserve fertility before and after cancer treatment.
<u>Alliance for Fertility Preservation</u>	Helps patients find local fertility preservation services and educates patients on their options.
<u>Oncofertility Consortium</u>	An international, interdisciplinary initiative designed to explore the reproductive future of cancer survivors.
<u>Elephants and Tea, Cancer Talk</u>	Personal accounts of sex and relationships during and after cancer.
<u>Chick Mission</u>	Ensures every young woman newly diagnosed with cancer has the option to preserve fertility through direct financial support, educational programs, and advocacy efforts.
<u>Cactus Cancer Society.</u> <u>Awkward Auntie</u>	Too shy to ask your provider about sex, ask your questions online to Dr. Anne Katz a certified sexuality counselor and nurse.

Social Support

<u>Elephants and Tea</u>	Offers a magazine curated for AYA cancer patients/ survivors, a podcast, digital meetups, Facebook groups and more
<u>Cactus Cancer Society</u>	Provides a safe space where young adults facing cancer can connect, cope, and thrive with one another in an online community through creativity
<u>Stupid Cancer</u>	Hold digital meetups, as well as annual in-person meetups and conferences.
<u>Teen Cancer America</u>	Offers the Play it Back Music Program, online hangouts, AYA newsletter, and more.
<u>Imerman Angels</u>	Connects cancer fighters, survivors, and caregivers to “Mentor Angles,” cancer confidantes with similar stories and experiences.
<u>Cancer Care</u>	Provides free, professional support services for young adults affected by cancer, as well as cancer information and additional resources.
<u>Cancer Dudes</u>	With a scarcity of resources geared specifically to men’s unique needs, Cancer Dudes was created to provide education and resources in order for men to successfully move past their cancer experience.
<u>GRYT</u>	A mobile app social community for people affected by cancer to connect with others with similar experiences
<u>I Had Cancer</u>	Helps cancer patients/ survivors connect and share experiences about cancer with others who understand
<u>Leukemia & Lymphoma Society</u>	Connects patients with blood cancer with others who have been through a similar process.

Social Support

<u>Cancer Buddy</u>	Get matched with other patients, survivors, or caregivers. Download the free app.
<u>Hope For Two</u>	Offers free support for women diagnosed with cancer while pregnant.
<u>Chai Lifeline</u>	Provides programs and services to the Jewish community, and meets the unique emotional, social, and financial needs of families living with serious illness or loss.
<u>Lotsa Helping Hands</u>	A central place to coordinate meals and help for friends & family.
<u>Cancer Support Community</u>	Connect to an online cancer community to reduce stress, anxiety, and isolation.
<u>Caring Bridge</u>	CaringBridge is a trusted place to capture your thoughts, communicate to your community, and coordinate help on your terms.
<u>Caregather</u>	With Caregather, family and friends can come together and stay connected during their cancer journey.
<u>b-present</u>	An app where patients can easily share their status, desire to connect, and request needed items with their support system.

Wellness

<u>Look Good Feel Better</u>	Provides virtual workshops on tips for dealing with appearance-related side effects of cancer treatment.
<u>The Leukemia and Lymphoma Society Skin Care, Hair Care, Wigs and Makeup</u>	Lists a variety of websites for skin care, hair care, wigs, and makeup for those affected by medical hair loss and other appearance-related side effects of cancer treatment.
<u>Hearts Need Art</u>	Provides free online art, music, and writing sessions to patients and medical professionals.
<u>Leukemia and Lymphoma Society Nutrition Services</u>	Patients and their caregivers of all cancer types may receive a free one-on-one phone consultation with our registered dietitian who has expertise in oncology nutrition.
<u>National Center for Complimentary and Integrative Health</u>	The NIH conducts and supports research and provides information about complementary health products and practices.

Wish Granted

<u>Nikolas Ritschel Foundation</u>	Wish granting program for young adults with a cancer diagnosis.
<u>Little Wish Foundation</u>	Provides a little wish for childhood cancer patients that brings hope, comfort, and joy.
<u>Dear Jack Foundation</u>	LifeList is a wish-granting program that offers hope and support to young adults who are currently receiving treatment for a life-threatening cancer diagnosis.
<u>Cameron Siemers Foundation of Hope</u>	If you are between the ages of 18 and 30, with a life-threatening illness, you can apply for a Life Grant. A Life Grant is an award up to \$5,000 to be used in the fulfillment of a dream/goal.
<u>Dream Foundation</u>	Serving terminally-ill adults and their families by providing end-of-life Dreams that offer inspiration, comfort and closure.
<u>Make a Wish Foundation</u>	Strives to achieve the wish of children diagnosed with a critical illness.
<u>The Granted Wish Foundation</u>	Enriching the lives of physically challenged children and young adults by granting sports and celebrity athlete wishes.
<u>Wish Upon a Wedding</u>	Grants weddings and vow renewals to couples facing serious illness or life-altering circumstances.

Nature/Camps/Retreats

<u>True North Treks</u>	Support young adults and caregivers affected by cancer to “find direction through connection.” by providing free backpacking and canoeing treks in beautiful and remote wilderness
<u>Send It.</u>	Send It provides outdoor adventures for young adult (ages 21–40) cancer patients and survivors, removing them from their cancer experience and creating the space to play, connect, and have fun in the outdoors.
<u>First Descents</u>	First Descents provides life-changing outdoor adventures for young adults, and their families, impacted by cancer and other serious health conditions.
<u>EPIC Experience Beyond Cancer</u>	Empowers adult cancer survivors, thrivers, and caregivers to live beyond cancer through week-long adventure camps, regional meetups, and education programming
<u>Camp Mak-a Dream</u>	Empowers survivors and their families to live beyond cancer through life-changing Montana experiences where they strengthen life skills, gain resilience, and develop lasting relationships.
<u>Project Koru</u>	Enriches lives through community and the outdoors as a way to move forward beyond cancer.
<u>Camp Simcha</u>	Bring the childhood experience back by joining a sleep-away camp that includes sports, arts and crafts, swimming and boating, special events, and activities.
<u>The Cassie Hines Shoes Cancer Foundation</u>	Supports young adults (18–40) during their cancer diagnosis, treatment, and beyond through a variety of advocacy and programming.
<u>Dream Street</u>	Dream Street provides camping programs for children and young adults with chronic and life-threatening illness.

Sibling and Caregiver Support

[Telling Kids About Cancer](#)

Telling children about a cancer diagnosis can be overwhelming for any parent. This tool will support you every step of the way.

[Supersibs](#)

Dedicated to comforting encouraging and empowering families during their family's battle against cancer.

[PACT Parenting At a Challenging Time](#)

Practical tips and in-depth information to support family communication and child resilience through all phases of a parent's illness.

[Wonder and Worries](#)

Support programs and resources for kids and teens with a parent with cancer.

[Pickles, Kids Supporting Kids](#)

Creates thriving communities of kids supporting kids during and beyond their parent's cancer journey.

[Well Spouse](#)

Supports and advocates for the people who care for the chronically ill or disabled wife, husband, or partner.

Reading

[NCI's "When Your Brother or Sister has Cancer" guide](#)

[Cancer Care's "Helping Children When a Family Member had Cancer" guide](#)

Survivorship

<u>Survivor Link</u>	A website for pediatric cancer survivors to increase awareness and knowledge about their life-long healthcare needs.
<u>NCCS</u>	Survivor-led cancer advocacy organization to empower survivors through teaching tools for self-advocacy.
<u>Leukemia and Lymphoma Society</u>	LLS provides resources on follow-up care and survivorship.
<u>Survivors Taking Action and Responsibility (STAR)</u>	Provides risk-based clinical care using survivorship guidelines for childhood cancer survivors at the Robert H. Lurie Comprehensive Cancer Center.

Financial Resources

<u>The Sam Fund</u>	Provides critical financial resources to young adult cancer survivors twice a year through grants in two categories: Financial Assistance Grants and Family Building Grants.
<u>Weish4Ever</u>	Provides direct financial assistance to families with adolescents & young adults battling cancer (ages 15–39).
<u>Leukemia and Lymphoma Society</u>	LLS has partnered with Dollar For, an organization that works with patients to eliminate medical debt.
<u>The Ruth Cheatham Foundation</u>	Provides scholarships to teens impacted by cancer, so they can move past their diagnosis and on with their life.
<u>My Hometown Heroes</u>	Provides college scholarship for young adults with cancer (ages 17–39).
<u>National Collegiate Cancer Foundation</u>	Provides need-based financial support to young adult survivors who are pursuing higher education throughout treatment and beyond.
<u>Cancer For College</u>	Supports cancer survivors pursuing their dreams of higher education.
<u>PAF Patient Advocate Foundation</u>	Provides direct financial assistance to insured patients who meet certain qualifications to help them pay for the prescriptions and/or treatments they need.
<u>Healthwell Foundation</u>	Assists with copays, premiums, deductibles and out-of-pocket expenses for essential treatments and medications.

Financial Resources

<u>CancerCare</u>	Offers financial and co-pay assistance programs for cancer-related costs.
<u>National Organization for Rare Disease</u>	There programs provide medication, financial assistance with insurance premiums and co-pays, diagnostic testing assistance, and travel assistance for clinical trials or consultation with disease specialists.
<u>JAN</u>	Provides guidance on workplace accommodations and disability employment issues.
<u>Triage Cancer</u>	Provides free education on practical and legal issues that arise after a cancer diagnosis.
<u>Cancer+Careers</u>	Supports people with cancer who are trying to manage their cancer and career.
<u>Cancer Legal Resource Center</u>	Educates and supports cancer patients, their families on maintaining employment through treatment, accessing healthcare and government benefits, taking medical leave and estate planning.

Insurance

<u>Cancer Finances</u>	This toolkit helps those with cancer navigate expenses after treatment.
<u>Social Security Administration</u>	Social Security covers medical expenses to those are unable to work due to a disability.
<u>Healthcare.gov</u>	This website lists private insurance plans.
<u>Medicaid</u>	Medicaid is a joint federal and state program that gives health coverage to some people with limited income and resources.
<u>Medicare</u>	Medicare is federal health insurance for anyone age 65 and older, and some people under 65 with certain disabilities or conditions.
<u>Cobra</u>	Gives workers and their families who lose their health benefits the right to choose to continue group health benefits provided by their group health plan for limited periods of time under certain circumstances.