

## Cancer Resources

This document is an alphabetical list of various resources that are available for you both online and in our community. A Patient Navigator is also available to meet with you in person to help you find the right resources for you by calling 1-415-925-7010, ext. 6195.

### Caregiving

#### **CaringBridge.org**

Update family and friends on a patient's care through website and email updates  
[www.caringbridge.org](http://www.caringbridge.org)

#### **Family Caregiving Alliance**

1-415-434-3388  
[www.caregiver.org](http://www.caregiver.org)  
(Also available in Chinese)

#### **Lotsahelpinghands.org**

Create a personalized calendar where family and friends can sign up to help with tasks such as housecleaning, meal delivery and rides  
[www.lotsahelpinghands.org](http://www.lotsahelpinghands.org)

### Emotional Support

#### **American Cancer Society (ACS): 1-888-227-6333**

Reach to Recovery Transportation Assistance Program, Lodging resources, Education and Information, Support and Financial resources

#### **CancerCare: 1-800-813-HOPE (4673)**

Telephone support for patients by Oncology Social Workers.  
[www.cancercare.org](http://www.cancercare.org)  
[www.cancercare.org/espanol](http://www.cancercare.org/espanol)

#### **MD Anderson Network**

A national telephone peer-to-peer support network.  
1-800-345-6324  
[www.mdanderson.org](http://www.mdanderson.org)

**Integrative Wellness Center**  
1350 South Eliseo Drive, Suite 120, Greenbrae, CA 94904  
1-628-336-7689 | [www.mymarinhealth.org/wellness](http://www.mymarinhealth.org/wellness)

Connect with us      



## Financial Assistance

### **CancerCare: 1-800-813-HOPE (4673)**

Financial assistance programs and patient support.

[www.cancercare.org](http://www.cancercare.org)

### **Cancer Care Copays**

Assists people who cannot afford insurance co-payments to cover the cost of medications for cancer treatment.

[www.cancercarecopay.org](http://www.cancercarecopay.org)

### **Cancer Financial Assistance Coalition**

[www.cancerfac.org](http://www.cancerfac.org)

### **Partnership for Prescription Assistance**

[www.pparx.org](http://www.pparx.org)

## Transportation

### **American Cancer Society (ACS) – Road to Recovery Program**

1-888-227-6333

[www.cancer.org](http://www.cancer.org)

(Also available in Asian and Pacific languages)

### **Whistlestop Wheels**

Transportation for Marin seniors (60+) and those who are disabled.

1-415-456-9062

## Insurance

### **Disability Benefits 101**

Information on health coverage, disability benefits and employment programs.

Información sobre el seguro de salud, seguro de invalidez y los programas de empleo.

[www.ca.db101.org](http://www.ca.db101.org)

### **Medicare**

Information about Medicare and online application.

[www.medicare.gov](http://www.medicare.gov)

### **Medi-Cal**

Includes information about Medi-Cal and online application.

[www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)



## Insurance (cont.)

### **SDI—State Disability Income (short term disability income)**

Includes eligibility information, information, and online application.

[www.edd.ca.gov](http://www.edd.ca.gov)

### **SDI—Información sobre discapacidad del estado**

[www.edd.ca.gov/Informacion\\_General\\_en\\_Espanol.htm](http://www.edd.ca.gov/Informacion_General_en_Espanol.htm)

### **Social Security and SSDI (long term disability income)**

Social Security Disability Income

[www.ssa.gov](http://www.ssa.gov)

### **Triage Cancer**

Provides education and information on the practical and legal issues that can impact cancer patients —from insurance navigation to workplace rights to understanding how national and state laws impact your ability to access care.

[www.triagecancer.org](http://www.triagecancer.org)

## Integrative Services

### **Integrative Wellness Center**

Nutrition counseling, therapeutic massage, acupuncture, Jin Shin Jyutsu, and other healing services.

1-628-336-7689

## Marin County Resources

### **Marin Center for Independent Living**

Benefits counseling, advocates for disabled rights, financial assistance programs available.

1-415-459-6245

[www.marincil.org](http://www.marincil.org)

## Meals

### **Ceres Community Project of Marin**

Organic meals for those facing cancer and other illnesses.

[www.marin.ceresproject.org](http://www.marin.ceresproject.org)

### **General Assistance (CalFresh/ Food Stamps)**

Information and online application. Multiple languages available on website.

1-415-473-3400

[www.c4yourself.com](http://www.c4yourself.com)



## Insurance (cont.)

### **Meals on Wheels**

Home delivered frozen meals available seven days a week

1-415-507-4300

## Workplace

### **Cancer and Careers**

[www.cancerandcareers.org](http://www.cancerandcareers.org)

### **Equal Employment Opportunity Commission**

Questions and Answers about cancer in the workplace and the Americans with Disabilities Act (ADA)

[www.eeoc.gov/facts/cancer.html](http://www.eeoc.gov/facts/cancer.html)

## Survivorship

### **American Society of Clinical Oncology—Online survivorship care plans**

[www.cancer.net/survivorship](http://www.cancer.net/survivorship)

### **Impotence Specialists**

[www.impotencespecialists.com](http://www.impotencespecialists.com)

### **LIVESTRONG Survivor Care**

[www.livestrong.org](http://www.livestrong.org)

### **My Journey Forward**

Online survivorship care plan

[www.journeyforward.org](http://www.journeyforward.org)

### **National Comprehensive Cancer Network: Life After Cancer**

[www.nccn.com/life-after-cancer](http://www.nccn.com/life-after-cancer)

### **National Coalition for Cancer Survivorship**

[www.canceradvocacy.org](http://www.canceradvocacy.org)

