

# Resources for **REAL LIFE**

## Managing your day-to-day.

Here is some information about resources to help you with everything from transportation to preparing healthy meals to keeping your house in order. We hope you find them helpful when it comes to managing your day-to-day needs throughout your treatment.



### TRANSPORTATION AND LODGING

Several organizations provide transportation and lodging services, so you can access the care you need no matter where you are located.

#### **Air Care Alliance**

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

Free air transportation to medical treatment for people with a financial need is provided by many volunteer organizations.

#### **American Cancer Society Hope Lodge**

Thirty-one locations throughout the United States  
[www.cancer.org/treatment/supportprogramsservices/hopelodge](http://www.cancer.org/treatment/supportprogramsservices/hopelodge)

The American Cancer Society has a place where cancer patients and their caregivers can find help and hope when home is far away – an American Cancer Society Hope Lodge. Each Hope Lodge offers cancer patients and their caregivers a free place to stay when their best hope for effective treatment may be in another city.

#### **Angel Airlines for Cancer Patients**

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

Angel Airlines for Cancer Patients facilitates no-cost or reduced-rate commercial airline tickets for needy cancer patients and their families. Patients use the charitable medical air transportation system to travel to and from distant specialized medical evaluations, diagnoses, or treatments.

#### **Joe's House**

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

Joe's House provides an online nationwide list of places to stay to help cancer patients and their families find lodging near treatment centers.

#### **Road To Recovery**

[www.cancer.org/treatment/supportprogramsservices/road-to-recovery](http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery)

The American Cancer Society Road To Recovery program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.



### PREPARING HEALTHY MEALS

These organizations can connect patients with easy-to-prepare, healthy recipes.

#### **Cancer Nutrition Consortium**

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

Cancer Nutrition Consortium's mission is to bring together resources in health, culinary, and industry to raise awareness of the issue of food, taste, and nutrition related to cancer treatment in an effort to improve the quality of life of patients.

#### **Cook for Your Life**

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

The mission of Cook for Your Life is to teach healthy cooking to people touched by cancer. The organization turns nutrition guidelines into practical, easy recipes that are designed specifically for the different stages of treatment, and to promote healthy survivorship.

#### **Eat to Beat Cancer**

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

Eat to Beat Cancer is a global campaign to crush the cancer epidemic by getting people to eat foods that starve cancer. Eattobeat.org is a resource hub and recruitment platform for the community to inspire, influence, and monitor dietary behavior change.

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## **MIND AND BODY**

Learn more about alternative healing options—like yoga, meditation, and more.

### **Cancer Support Community**

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

The mission of the Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

### **National Cancer Institute**

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

The National Cancer Institute (NCI) coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.

### **Yoga Health Foundation**

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

The Yoga Health Foundation fosters an awareness of yoga's proven health benefits and provides individuals with actionable guidance and tools to enhance their own well being. The Yoga Health Foundation website features a searchable yoga finder and event directory for visitors to locate yoga teachers, studios, and events near them.



## **HOME CLEANING**

To help keep your home in order during treatment, free or reduced-cost cleaning services are also available.

### **Cleaning for a Reason**

[www.cleaningforareason.org](http://www.cleaningforareason.org) (for women only)

The mission of Cleaning for a Reason is to give the gift of free house cleaning for women undergoing treatment for any type of cancer.



## **ADDITIONAL RESOURCES**

Here are two organizations that can help manage challenges related to financial assistance, transportation to appointments, support groups, and much more. There are also often other local groups and organizations that can provide support for cancer patients. Ask your health care providers about support services available near you.

### **CancerCare**

[www.cancercares.org/services](http://www.cancercares.org/services)

Through CancerCare, professional oncology social workers provide free emotional and practical support for people with cancer, caregivers, loved ones, and the bereaved.

### **Cancer Financial Assistance Coalition**

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

Cancer Financial Assistance Coalition is a coalition of financial assistance organizations joining forces to help cancer patients experience better health and well-being by limiting financial challenges.

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