



# Day-to-Day Resources

## Finding the right support in your day-to-day life can make a big difference.

The organizations referenced have been sourced from publicly available content and provide a sampling of the range of resource options available for cancer patients. This guide was created to help you begin your search.



### Mind and Body

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

#### **Cancer Support Community** | [cancersupportcommunity.org](https://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** | [cancer.gov](https://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.

#### **Mindful** | [mindful.org](https://mindful.org)

Mindful is a mission-driven non-profit dedicated to inspiring, guiding, and connecting anyone who wants to explore mindfulness. They offer personal stories, news-you-can-use and practical advice as well as guided meditations and podcasts focused on how mindfulness can factor into living with cancer.



## 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** | [aircarealliance.org](https://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** (31 locations throughout the US) | [cancer.org/treatment/supportprogramsservices/hopelodge](https://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.

#### **Joe's House** | [joeshouse.org](https://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**

[cancer.org/treatment/supportprogramsservices/road-to-recovery](https://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** | [cancernutrition.org](https://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** | [cookforyourlife.org](https://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** | [eattobeat.org](https://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.



## Additional Resources

Here are a few more organizations that can help manage challenges related to financial assistance, coordinate transportation to appointments, connect you with support groups, and much more. You may also be able to find local groups and organizations that provide support and resources for cancer patients—ask your health care providers about support services available near you.

### **CancerCare** | [cancercares.org/services](https://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** | [cancerfac.org](https://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.

### **Cleaning for a Reason** | [cleaningforareason.org](https://cleaningforareason.org)

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

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