



# Quality of Life Resources

Member organizations who identify quality of life as a priority on their ICC application:

**American Cancer Society**  
[www.cancer.org](http://www.cancer.org)

**Ball Memorial Hospital Open Door Health Center**  
[www.odbmh.org](http://www.odbmh.org)

**Baskets by Immanuel**  
[www.basketsbyimmanuel.org](http://www.basketsbyimmanuel.org)

**Cancer Services of Northeast Indiana**  
[www.cancer-services.org](http://www.cancer-services.org)

**Cancer Support Community**  
[www.cancersupportindy.org](http://www.cancersupportindy.org)

**Clarian Health Partners**  
[www.clarian.org](http://www.clarian.org)

**Community Hospital Cancer Research Foundation**  
[www.comhs.org/crf](http://www.comhs.org/crf)

**Elkhart General Health System**  
[www.egh.org](http://www.egh.org)

**Fort Wayne African-American Cancer Alliance**  
[www.fwaaca.org](http://www.fwaaca.org)

**Hospice of Calumet Area**  
[www.hospicecalumet.org](http://www.hospicecalumet.org)

**Indiana Academy of Family Physicians Foundation**  
[www.in-afp.org](http://www.in-afp.org)

**Indiana Hospice and Palliative Care Organization**  
[www.ihpco.org](http://www.ihpco.org)

**Indiana State Department of Health**  
[www.in.gov/isdh](http://www.in.gov/isdh)

**IU School of Medicine, Dept of Public Health**  
[www.pbhealth.iupui.edu](http://www.pbhealth.iupui.edu)

**LaPorte Hospital and Health Services**  
[www.laportehospital.org](http://www.laportehospital.org)

**Leukemia and Lymphoma Society**  
[www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org)

**Little Red Door Cancer Agency**  
[www.littlreddoor.org](http://www.littlreddoor.org)

**Madison County Community Health Centers**  
[www.mcchc.org](http://www.mcchc.org)

**Marion County Health Department**  
[www.mchd.com](http://www.mchd.com)

**NCI Cancer Information Service**  
<http://cis.nci.nih.gov>

**Ovar'coming Together**  
[www.ovarian-cancer.org](http://www.ovarian-cancer.org)

**Parkview Regional Oncology Center**  
[www.parkview.com](http://www.parkview.com)

**Pink Ribbon Connection**  
[www.pinkribbonconnection.org](http://www.pinkribbonconnection.org)

**St. Francis Hospital and Health Services**  
[www.stfrancishospitals.org](http://www.stfrancishospitals.org)

**Susan G. Komen for the Cure—Evansville**  
[www.komenevansville.org](http://www.komenevansville.org)

This resource has been developed to provide the most recent information on quality of life materials. Topics that are covered include support services, survivorship, cancer-specific, and general resources. More specific topics you may want to explore include information and referral services, information for children and teens, support groups and network information, treatment, hospice and palliative care, financial assistance, and nutrition information. All people can benefit from this resource including cancer survivors, loved ones of survivors, and cancer professionals and physicians. Patients, families, and caregivers: please access the social workers within medical centers and cancer care centers to provide emotional, financial, and resource support. Many of the resources fit into more than one category. Please read each description or visit the corresponding Web site to view all of the offered services. In addition, multiple resources have toll-free numbers which are included. Please contact [admin@indianacancer.org](mailto:admin@indianacancer.org) if you have any comments or questions.

## Support Services

### INFORMATION and REFERRAL SERVICES

**American Cancer Society** - [www.cancer.org](http://www.cancer.org), 800-227-2345

The American Cancer Society has programs and services in your community to help people with cancer and their families. The programs offer information, day-to-day help, and emotional support. Best of all, help is free.

Trained cancer information specialists are available 24 hours a day, seven days a week to answer questions about cancer, link callers with resources in their communities, and give information on local events. The user friendly Web site includes a cancer resource center with in-depth information on every major type of cancer, an email service to answer any cancer questions, and a link to our free online community.

**First Call for Help** - [www.firstcallinfo.org](http://www.firstcallinfo.org), 877-502-0700

A comprehensive information and referral service to inform, guide, direct and link people in need to the appropriate human service.

**Indiana 2-1-1** - [www.IN211.org](http://www.IN211.org), 211

Statewide information and referral system to connect Hoosiers to human services.

### CHILDREN and TEENS

**Candlelighters Childhood Cancer Foundation** - [www.candlelighters.org](http://www.candlelighters.org), 800-366-2223

Provides support, education, and advocacy for children and adolescents with cancer, survivors of cancer, and their families.

**Kids Connected** - [www.kidsconnected.org](http://www.kidsconnected.org), 800.899.2866

Provides friendship, understanding, education, and support for children who have a parent with cancer or have lost a parent to cancer.

**Pediatric Oncology Resource Center** - [www.acor.org/ped-onc](http://www.acor.org/ped-onc)

Information for parents, friends, and families of children who have or had childhood cancer. Created by and for people who know young people who are recovering from cancer.

**Ronald McDonald House** - [www.rmhc.org](http://www.rmhc.org)

Create, find, and support programs directly improving the health and well-being of children.

# Support Services

## SUPPORT GROUPS and NETWORKS

**CancerCare** - [www.cancer.org](http://www.cancer.org), 800-813-4673

National nonprofit organization whose mission is to provide free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved.

**The Cancer Community**— [www.cancersupportindy.org](http://www.cancersupportindy.org)

Ongoing professionally facilitated support groups for people with cancer, caregivers, family, friends, or bereaved loved ones are the heart of our program. Participation in a support group has been shown to decrease distress and improve quality of life. Adult group members come together each week to get support and learn from each other. A brief interview is required prior to joining a weekly support group.

**CompleteLife program** - [www.cancer.iu.edu/completelife](http://www.cancer.iu.edu/completelife)

A comprehensive, compassionate program of support and enrichment for patients and their families and caregivers that offers *First Mondays* support groups; art and music therapy and mosaic workshops; spiritual guidance and care; free wigs, styling and makeup consultation; light massage and healing touch; financial and support services consultation with social workers; nutrition counseling; medicine management and therapeutic counseling. Most services are free.

**LIVESTRONG SurvivorCare** - [www.livestrong.org](http://www.livestrong.org), 866-673-7205

Provides information, education, counseling services, and referrals to other resources. This site has free materials for patients as well as message boards.

**Nueva Vida** - [www.nueva-vida.org](http://www.nueva-vida.org), 866-986-8432

Provides information, support to empower Latinas whose lives are affected by cancer.

**Patient Advocate Foundation** - [www.patientadvocate.org](http://www.patientadvocate.org)

Seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment, and preservation of their financial stability.

**The Resource Centre** - [www.cancerresourcecentre.com](http://www.cancerresourcecentre.com)

Offers counseling, professionally-led support and networking groups, resource library with items to checkout and Internet access, and exercise and mind/body classes. All programs are free and open to the public.

# Survivorship

## GENERAL SURVIVORSHIP

**American Cancer Society's Cancer Survivors Network** [www.acscsn.org](http://www.acscsn.org)

Non-commercial and private community of cancer survivors, families, and friends touched by cancer who share their experiences, strength, and hope.

**American Society of Clinical Oncology (ASCO)** [www.asco.org](http://www.asco.org), 888-282-2552

ASCO is the world's leading professional organization representing physicians who treat people with cancer. ASCO's members set the standard for patient care worldwide and lead the way in carrying out clinical research aimed at improving the prevention, diagnosis, and treatment of cancer. ASCO's efforts are also directed toward advocating for policies that provide access to high-quality care for all patients with cancer and at supporting the increased funding for clinical and translational research.

**Children's Oncology Group (COG)** [www.survivorshipguidelines.org](http://www.survivorshipguidelines.org)

Long term follow-up for survivors of childhood, adolescent, and young adult cancer. This resource includes free downloads of materials and manuals.

# Survivorship

**Gilda's Club** — [www.gildasclub.org](http://www.gildasclub.org), 888-445-3248

A place of free support for everyone living with cancer – men, women, teens and children – along with their families and friends. This innovative program is an essential complement to medical care, providing networking and support groups, workshops, education and social activities. This site can direct you to a Club in your area.

Journey Forward promotes the use of a Survivorship Care Plan. This plan, completed by the Survivor's oncology team, gives clear steps for care after active treatment. The plan begins with a simple, yet complete, treatment summary and

**Journey Forward** - [www.journeyforward.org](http://www.journeyforward.org)

offers guidelines for monitoring future care.

**Lance Armstrong Foundation** - [www.livestrong.org](http://www.livestrong.org), 866-673-7205

Geared towards patients and their caregivers. This site has free materials for patients as well as message boards. Also look for a care plan on this site.

**Living Beyond Breast Cancer**— [www.lbbc.org](http://www.lbbc.org), 888-753-5222

Assist women at all stages of diagnosis, treatment and recovery. Offers specialized programs and services for the newly diagnosed, young women, women with advanced breast cancer, women at high risk for developing the disease, and African-American and Latina women. Programs are also offered for caregivers and healthcare professionals to help them better meet the needs of women affected by breast cancer.

**National Coalition of Cancer Survivors**— [www.canceradvocacy.org](http://www.canceradvocacy.org), 888-650-9127

Offer support to cancer survivors and loved ones, information and resources on cancer support, advocacy, and quality-of-life issues.

**Susan G. Komen for the Cure**— [www.komen.org](http://www.komen.org), 877-465-6636

For breast cancer survivors, loved ones and those who want to learn more about their breast health. This site offers message boards, a list of questions to ask your doctor, answers your questions about diagnosis, treatment and living with cancer and much, much more. The site can also direct you to a local Affiliate in your area that may be able to help with support and/or financial assistance.

## TREATMENT

**Cancer411** - [www.cancer411.org](http://www.cancer411.org)

Provides database on clinical trials and offers news articles and patient resources.

**Chemocare** - [www.chemocare.com](http://www.chemocare.com)

Provides the latest information about chemotherapy to patients and their families, caregivers, and friends.

**National Comprehensive Cancer Network (NCCN)**

[www.nccn.com](http://www.nccn.com) — For patients

[www.nccn.org](http://www.nccn.org) — For healthcare professionals

Doctors understand that knowledge is the best weapon in the fight against cancer. Doctors and other healthcare providers around the globe use the NCCN Clinical Practice Guidelines in Oncology™ to help determine the best approaches to diagnosing, treating, managing, and monitoring patients with cancer at every stage.

Now, the NCCN Treatment Summaries for People with Cancer™ translate this critical information to the one it impacts the most, you.

Knowledge is power in the fight against cancer, and NCCN.com is the best resource for that knowledge, for patients, family, and friends.

**World Research Foundation** - [www.wrf.org](http://www.wrf.org)

International information network, researching and disseminating all available international treatments.

# Survivorship

## **HOSPICE and PALLIATIVE CARE**

**Aging with Dignity** - [www.agingwithdignity.org](http://www.agingwithdignity.org), 888-594-7437

Provides practical information, advice, and legal tools you need to ensure your wishes and those of your loved ones will be respected.

**American Academy of Hospice and Palliative Medicine** [www.aahpm.org](http://www.aahpm.org)

Organization of physicians and other medical professionals dedicated to the advancement of palliative care through prevention and relief of patient and family suffering.

**Caring Connections** - [www.caringinfo.org](http://www.caringinfo.org), 800-658-8898, Multilingual 877-658-8896

Comprehensive site which provides free resources and information to help people make decisions about end-of-life care and services before a crisis, information on hospice, living with illness and pain, and grief.

**Center to Advance Palliative Care** - [www.capc.org](http://www.capc.org)

Organization provides palliative care seminars, training, resources, tools, and technical assistance for health care professionals to improve palliative care.

**End-of-Life Physician Education Resource Center** [www.eperc.mcw.edu](http://www.eperc.mcw.edu)

Supports individuals involved in the design, implementation, and/or evaluation of End-of-Life/Palliative education for physicians, nurses, and other health care professionals.

**Get Palliative Care** - [www.getpalliativecare.org](http://www.getpalliativecare.org)

Provides clear, comprehensive palliative care information for people coping with serious, complex illness and an interactive questionnaire to assist people in determining whether palliative care is appropriate for them or their loved ones.

**Growth House** - [www.growthhouse.org](http://www.growthhouse.org)

Portal to educational material related to serious illness and end-of-life issues.

**Hospice Foundation of America**— [www.hospicefoundation.org](http://www.hospicefoundation.org), 800-854-3402

Provides information and links to help those coping personally or professionally with terminal illness, death, and the process of grief and bereavement.

**Indiana Hospice and Palliative Care Organization**— [www.ihpco.org](http://www.ihpco.org)

Contains consumer site to educate and support the terminally ill and their loved ones by providing hospice breaks, beginning conversations, choosing a hospice, and caregiver information.

**National Hospice and Palliative Care Organization** [www.nhpco.org](http://www.nhpco.org), 800-658-8898, Multilingual 877-658-8896

National non-profit whose mission is to lead and mobilize social change for improved care at the end of life; provides consumer and professional information on end-of-life issues.

**Pain.com**— [www.pain.com](http://www.pain.com)

Mission is to provide timely, targeted, and relevant education for healthcare professionals and consumers.

The web links provided were selected by the Quality of Life Coordinating Committee to provide information about cancer survivorship issues, wellness, and support networks to members of the Indiana Cancer Consortium (ICC). The ICC does not warrant or guarantee the accuracy or reliability of the content on the web links or imply the endorsement of the web link or its contents.

# Survivorship

## FINANCIAL ASSISTANCE

**Chronic Disease Fund**— [www.cdfund.org](http://www.cdfund.org), 877-968-7233

Medication co-pay assistance for patients that qualify.

**Healthwell Foundation**— [www.healthwellfoundation.org](http://www.healthwellfoundation.org), 800-675-8416

Medication co-pay assistance for patients that qualify.

**Indiana Women in Need Foundation**— [www.iwinfoundation.org](http://www.iwinfoundation.org), 866-900-4946

Assists women and their families enduring treatment for breast cancer. The I.W.I.N. Foundation strives to be the "neighbor next door" to women throughout Indiana, by helping with everyday needs and emotional support. Every survivor is eligible for a \$500 grant to cover such expenses as childcare, transportation, housekeeping, yard maintenance, pet care, personal errands, massage therapy, photography services, meals, yoga, and exercise classes.

**Needy Meds**— [www.needymeds.org](http://www.needymeds.org)

Applications available for free or discounted medications.

**Patient Access Network**— [www.panfoundation.org](http://www.panfoundation.org), 866-316-7263

Medication co-pay assistance for patients that quality.

**Susan G. Komen for the Cure**— [www.komen.org](http://www.komen.org), 877-465-6636

For breast cancer survivors, loved ones and those who want to learn more about their breast health. This site offers message boards, a list of questions to ask your doctor, answers your questions about diagnosis, treatment and living with cancer and much, much more. The site can also direct you to a local Affiliate in your area that may be able to help with support and/or financial assistance.

## General Resources

**Indiana Family and Social Services Administration** [www.in.gov/fssa](http://www.in.gov/fssa), 800-433-0746

Provides services to promote self-sufficiency, independence, prevention, health, and safety for Hoosier families.

**INHealth Connect** - <http://medlineplus.gov/inhealthconnect>

A service of the Indiana University School of Medicine and the Indiana Health Sciences Librarians Association. One stop shopping for health services anywhere in Indiana.

**Medicare** - [www.medicare.gov](http://www.medicare.gov), 800-633-4227

The official government site for people with Medicare.

**MedlinePLUS** - [www.medlineplus.gov](http://www.medlineplus.gov)

A health database maintained by the National Library of Medicine of the National Institutes of Health.

**National Cancer Institute** - [www.cancer.gov](http://www.cancer.gov), 800-422-6237

Provides comprehensive medical information in easy-to-understand terms; information available in English and Spanish.

**National Health Information Center** - [www.healthfinder.gov](http://www.healthfinder.gov)

Information on health and wellness from the U.S. Department of Health and Human Services.

**National Library of Medicine** - [www.nih.gov](http://www.nih.gov)

Index of the National Institutes of Health resources, clinical trials, health hotlines, and drug information.

**Social Security Online** - [www.ssa.gov](http://www.ssa.gov), 800-772-1213

The official site of the U.S. Social Security Administration.

# General Resources

## NUTRITION

**American Dietetic Association, Oncology Practice Group** [www.oncologynutrition.org](http://www.oncologynutrition.org)

Provides direction and leadership for quality oncology nutrition practice through education and research.

**American Institute for Cancer Research** - [www.aicr.org](http://www.aicr.org), 800-843-8114

Provides information about cancer prevention, particularly through diet and nutrition.

**Caring 4 Cancer**—[www.caring4cancer.com](http://www.caring4cancer.com)

At Caring4Cancer, you can: Shape the content to match your specific cancer type, diagnosis, and phase of treatment or recovery, interact with other patients and experts through our message boards, and keep track of your symptoms, treatments, and appointments with a secure Patient Health Record and Symptom Tracker.

**Nutrition.gov** - [www.nutrition.gov](http://www.nutrition.gov)

Provides easy access to information on nutrition, healthy eating, physical activity, and food safety for consumers, educators, and health professionals.

## Cancer-specific

**Association of Cancer Online Resources** - [www.acor.org](http://www.acor.org)

Provides resources for cancer patients wanting to find others with similar cancers and provides information on most cancers.

**Cancer Page** - [www.cancerpage.com](http://www.cancerpage.com)

Provides information and resources for specific cancers.

**Leukemia & Lymphoma Society** - [www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org), 800-955-4572

Provide information, support, discussion board, financial assistance, and free materials.

**The Lung Cancer Alliance** - [www.lungcanceralliance.org](http://www.lungcanceralliance.org), 800-298-2436

National non-profit organization advocating for people living with lung cancer or at risk for the disease.

**Ovar'coming Together** - [www.ovariancancerin.org](http://www.ovariancancerin.org)

An ovarian cancer education and resource organization whose goals are to provide resources for support, networking, and education for women diagnosed with ovarian cancer and their caregivers, create awareness about the warning signs of ovarian cancer, and to support the early detection and cure of ovarian cancer.

**USToo! International** - [www.ustoo.org](http://www.ustoo.org), 800-808-7866

Prostate cancer support group; provide education to newly diagnosed men with prostate cancer, offer support groups, and provide information about treatment.

**Women's Task Force** - [www.womenstaskforce.org](http://www.womenstaskforce.org)

Dedicated to education and awareness of cancer and women's health (cervical, ovarian, breast, melanoma, etc.).

**Women's Information Network** - [www.winabc.org](http://www.winabc.org)

Diagnosis, treatment, and recovery information; informed decision-making, resources, and glossary of terms.

**Breast Cancer Network of Strength** [www.networkofstrength.org](http://www.networkofstrength.org), 800-221-2141

Provides current breast cancer information, resources, and support for patients, families, and caregivers. Formerly known as Y-ME National Breast Cancer Organization.

### *About the Indiana Cancer Consortium (ICC)*

The ICC is a statewide network of public and private organizations working to reduce the cancer burden in Indiana. The ICC is an unincorporated association of organizations that implement the Indiana Cancer Control Plan 2010-2014. The Indiana Cancer Control Plan provides a framework for action to reduce the burden of cancer in Indiana. The ICC seeks to increase cancer prevention activities, increase early detection of cancer, decrease barriers resulting in disparities of access, screening and treatment; and increase quality of life for cancer patients through increased communication and collaboration of ICC member organization's activities that support a strategy from the Indiana Cancer Control Plan. Please visit the ICC Web site at [www.indianacancer.org](http://www.indianacancer.org).