

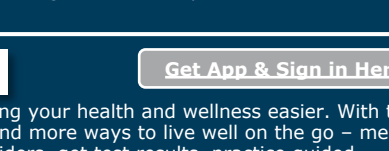
Supportive Care Resources

For Adolescents and Young Adults (AYA)

Ages 15-39 with a Cancer Diagnosis

Facing a cancer diagnosis and undergoing treatment can feel and be overwhelming. This resource tool is your guide through the challenging times; it's here for you when you're ready. It offers a wealth of knowledge, from the moment you received that diagnosis to the different phases of your life beyond. While not every piece may directly align with your experience, it's all here for you to explore at your own pace.

Got questions or need guidance? Don't hesitate to reach out to a dedicated member of your care team. We're here to support you every step of the way!



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Your Medical Oncology Cancer Care Team

Oncologists [Advocate Medical Group Oncology](#) 847-268-8200

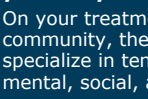


Oncology
Social
Worker

Jamie Sorenson
jamie.sorenson@aah.org

Licensed Clinical Social Workers available to people diagnosed with cancer and their support persons who need assistance accessing info & community resources.

847-723-5693



[Get App & Sign in Here](#)

makes managing your health and wellness easier. With this app, you will find more ways to live well on the go – message your care providers, get test results, practice guided meditation and more.

Cancer Survivorship Center



Support Services that being when you are first diagnosed with cancer and continues throughout your life.

[Information Here](#)

Counseling
Services

Pricilla Andrews MA, LCPC

847-723-5694

Nutritional
Services

Rebecca Waller, Nutritionist

847-723-5691

Cancer Survivorship Program New
Participant Intake Form

[Here](#)

Primary Care Provider - PCP



We encourage all AYAs to have a PCP, **HERE** is information why.

[Find PCP Here](#)

Cancer Care Team Members and Type of Care They Provide



Caring for your health means caring for your body and your mind.

On your treatment team and in the community, there are providers who specialize in tending to your physical, mental, social, and emotional wellbeing. Understanding the support available to you and how to access the help you need will result in a better care experience.

[More Information Here](#)

Types of Care you may use, let your doctor know:

- ☐ [Chiropractic Care](#)
- ☐ [Cannabis](#)
- ☐ [Acupuncture](#)
- ☐ [Herbs and Supplements](#)

Additional Types of Cancer Care

[Palliative Care](#)

[End of Life Care](#)

[Integrative Medicine](#)

Click below for Information & Support Resources provided at:




This support resource is for personal use and general information purposes only. There are no warranties of any kind whatsoever regarding the content, use, or application and disclaim any responsibility for its application or use in any form. The development of the original resource concept originated through a collective collaborative effort of clinicians and patient advocates supported by the Coleman Foundation, a philanthropic, grantmaking organization.

Supportive Care Resources
For Adolescents and Young Adults (AYA)
Ages 15-39 with a Cancer Diagnosis

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At Diagnosis

Help understanding...




- [Your Cancer Diagnosis or Stage](#)
- [Credible Cancer Information for AYAs](#)
- [What is an AYA](#)
- [Dictionary of Cancer Terms](#)
- [Genetic Testing for Hereditary Cancer](#)

Cancer is complicated!

[The Abridge app](#) helps you understand your cancer care & treatment. Records the details, links to definitions and info.

Fertility Preservation



Before your treatment starts, it's important to talk with your cancer care team about how the treatment might affect your ability to have children, the options you may have to preserve it, and at what points of time preserving it may be available.

Your cancer care team will help you navigate fertility preservation options, also known as oncofertility. They can refer you to fertility specialists who can further consult with you about your specific preservation options, the processes, and potential costs.

If your treatment has already started and you have not preserved your fertility, there may still be options. Talk to a cancer care team member.

The resources below provide oncofertility information, financial help, and fertility preservation specialists.

Contact your health insurance (number on your card's back) to ask about coverage for oncofertility preservation expenses.

Fertility Preservation Information

Anyone

- [Fertility Options](#), The Oncofertility® Consortium
- [Decision Aid](#) - Helps You Take Charge of your fertility, from The Oncofertility® Consortium

Female

[The Oncofertility® Consortium](#)

[Cancer.Net](#)

[ACS](#)

[Ovarian Stimulation Medication Information](#)

[Ovarian Suppression Medication Information](#)

Male

[The Oncofertility® Consortium](#)

[Cancer.Net](#)

[ACS](#)

Family Building Options

Female

[Livestrong](#)

[Family Building Options for Women](#)

Male

[Livestrong](#)

[Family Building Options for Men](#)

If you have health insurance, some fertility preservation costs may be covered by law. Call the member customer service number on the back of your insurance card and ask what is covered by your policy.

Fertility Legal Rights

- [Alliance for Fertility Preservation](#)

Financial Help

Do not let cost be a barrier!

Talk to your cancer care team, your fertility preservation team, and look into these additional financial resources.

- [Advocate Financial Assistance](#)
- [Livestrong Fertility Financial Assistance](#)
- [Team Maggie](#) (ages 15-37, fertility pres. costs)
- [Verna's Purse](#) (shipping and storage costs)
- [Banking on the Future Program](#) (ages 15-21, storage costs)
- [Heartbeat](#) (no cost select fertility meds for eligible)
- [ReUnite](#) (discounted meds for eligible)
- [Worth The Wait](#) providing financial support for fertility treatments, adoption and surrogacy

OncoFertility Preservation Specialists

Fertility Preservation for people with a cancer diagnosis

[The Advanced Fertility Preservation Institute](#)

847-593-1040 or Request A Consultation [HERE](#)

[Fertility Centers of Illinois](#)

844-213-6752 or Request An Appointment [HERE](#)

[Kindbody](#)

866-258-8467 or email: NewPatient@Kindbody.com

✓ Keep a record of the fertility preservation type that was carried out and where the tissue is being stored.


✓ Make sure the storage facility has your up-to-date contact information now and, in the future, whenever you move or change phone numbers.

Preserving Eggs: the process takes approximately 2-3 weeks using medications to prepare the eggs for collection and freezing.

Preserving Sperm: banking may be offered before, at, or during treatment. This can be done with a sperm banking kit. Sperm sample is time sensitive, follow all instructions provided.

Anyone: if you think you may have financial issues storing your preserved fertility reproductive tissue over time, talk with a social worker or member of your care team.

Emotional Wellbeing



Advocate Cancer Survivorship Center, provides support for patients, family, & caregivers throughout their care.

- [Cancer & Your Mental Health, Emotions Need Treatment Too](#)
- [Daily Prescription for Mental Health: Be Proactive](#)
- [Help with Having Little Interest or Feeling Depressed](#)
- [Help with Feeling Stressed, Worried](#)
- [Help Finding a Therapist, Psychology Today](#)

Connecting to Other AYAs


- [Multiple places to find people who get you](#)

Navigating Life with Cancer



- [Abridge App](#) – records and transcribes discussions between you and your medical providers during your appointments. Helps you understand your care by documenting what was said providing details and definitions. A medically educated second set of ears.
- [Google Translate Website](#)– translates text, documents and websites from one language to another instantly. App available for both [Apple](#) and [Android](#) smart phones
- [Caregather](#) – free online community builder, family and friends come together to support a loved one through communicating, updating, and organizing help.
- [Caring Bridge](#) – free online community builder, replaces countless texts and emails with an easy-to-use communications platform and help organizer.

Help with Health Insurance



Often help can be found by calling the Customer Service phone number on the back of your health insurance card and talking with them about your questions or needs.

Advocate offers help through:

- Financial and Referral Specialist
Elizabeth Malke, P: 847-268-8200
- Financial Counselor
Charito MacKenzie, P: 847-268-8200

Additional Resources:

- [Triage Cancer, Health Insurance](#)
- [Cancer + Careers, A guide to Insurance](#)
- [State Of Illinois, Medicaid](#) - health care coverage for people with low-incomes

Words Matter!

The vocabulary of health insurance is complicated. As a person with a cancer diagnosis, it is important that you get the best insurance policy to help you pay for and get access to the care you need and deserve.

[Learn HERE](#)

Click below for Information & Support Resources provided at:

[Care Team](#)

[Treatment](#)

[After Treatment and Beyond](#)

Is this tool helpful?

[YES](#) or [NO](#)

3 minutes of your time and any thoughts is all we need to make this a better resource that helps you, and people like you.

Thank You!!!

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After Primary Treatment

Receiving a cancer diagnosis and undergoing treatment can be an overwhelming experience to navigate.

Coping with fatigue, cognitive fog, and feeling alone is entirely normal.

You might find yourself taking on the role of a "quarterback" in your life overseeing not only your own care, but perhaps others as well. You could be re-entering school or work. In addition to managing your day-to-day existence, there will be extra considerations, health care appointments, bills, etc. You may notice there are not as many resources, longer waits and shorter appointment times with your care team now. It's crucial to communicate openly with your care providers about your emotions and experiences. Find or ask for support. Connecting with others like you at this point, may be exactly what you need to move forward.

?

Help understanding...

Post Primary Treatment:

[Cancer.Net](#)

[NIH, NCI](#)

[ACS](#)

- Elephants and Tea – Survivorship** stories and experiences are written by people after cancer treatments.
- Stupid Cancer Mental Health and Survivorship** Caring for your mental and emotional health is just as important as your physical health in survivorship.

Fertility Preservation

After primary treatment and if you have preserved:

Keep a record of the fertility preservation procedure that was carried out and where the tissue is being stored.

Make sure the storage facility has your up-to-date contact information both now and in the future whenever you move or change phone numbers.

TO avoid unplanned pregnancies, consider yourself to be fertile till proven otherwise !

Getting a Fertility Wellness Check

Fertility Centers of Illinois

When you call for an appointment:

People with ovaries

- let the scheduler know you are a new patient and whether or not you are on female birth control
- Egg testing includes three hormone tests and a vaginal ultrasound, done on the first few days of a menstrual cycle, to measure the ovarian reserve and current supply of eggs.
- If on hormone replacement, discuss with oncologist prior to testing

People with testicles

- let scheduler know you are a new patient
- A semen analysis will indicate the health/quality of your sperm.

Cancer Care After Primary Treatment

When you have completed your primary cancer treatment, your oncology team will help transition you to post treatment, surveillance, or survivorship care and provide you with next steps.

Living Life After Treatment	Cancer.Net	NIH, NCI	ACS
Living with Chronic Cancer	Cancer.Net		ACS
Follow Up Care	Cancer.Net	NIH, NCI	ACS

Help with Treatment Side Effects

Resources to Help Manage:

Cognitive Function	Cancer.Net	NIH, NCI	ACS
Appearance	Cancer.Net	NIH, NCI	ACS
Sleep	Cancer.Net	NIH, NCI	ACS
Mouth Sores	Cancer.Net	NIH, NCI	ACS
Fatigue	Cancer.Net	NIH, NCI	ACS
Loss of Appetite	Cancer.Net	NIH, NCI	ACS
Weight Change	Cancer.Net Cancer.Net	NIH, NCI	ACS

Emotional Wellbeing

If you have not already, connecting with other AYAs can be very beneficial. They know better than anyone how having a cancer diagnosis at a young age feels. See Resources in Section Below.

Advocate Cancer Survivorship Center, provides support for patients, family, & caregivers throughout their care.

- Cancer & Your Mental Health, Emotions Need Treatment Too**
- Daily Prescription for Mental Health: Be Proactive**
- Help with Having Little Interest or Feeling Depressed**
- Help with Feeling Stressed, Worried**
- Help Finding a Therapist, Psychology Today**
- Emotional, Mental Health, and Mood Changes**
- Livestrong, Emotions After Cancer Treatment** [Español](#)

Connecting to Other AYAs

- Multiple Places to find other people who get you**
- Cactus Cancer Society**
- Elephants and Tea**
- Gilda's Club Chicago**
- Stupid Cancer**
- Bright Spot Network** – support for people with children
- Imerman Angels** – 1 to 1 Cancer Support Community
- I Had Cancer** – 1 to 1 Cancer Support Community




Overall Wellbeing

Nutrition

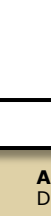
Advocate Nutritional Services:
Rebecca Waller, Nutritionist, Ph: 847-723-5691

- Nutrition During / After Treatment**
- Nutrition in Cancer Care (PDQ®)**
- American Institute for Cancer Research Better Nutrition, Healthy Weight**
- ELLICSR Kitchen**




Physical Activity

- Being Active When You Have Cancer**
- Physical Activity and Person with Cancer**
- Healthy Living After Cancer**
- Physical Activity Tips for Survivors**



Relationships and Sexual Health

- Talking Sexual Health w/ your Care Team**
- Relationships and Communication with Others**
- Dating and Intimacy**
- Cancer and Intimate Relationships**
- Self-Image and Sexuality**
- Sexual Health & Cancer:** [Men](#) [Women](#)




Help with College

Advocate Children's Hospital, Hospital School Coordinator:
Deirdre Fischer, M.Ed., deirdre.fischer@aah.org, 708-684-5335


Information for College Students with Cancer:

- EDUMED Support for College Students with Cancer**
- Cactus Cancer Society Speaker Series: Creating A Realistic Academic Plan**



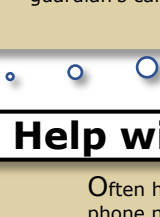
Help with Employment

- Dealing with cancer while in the workplace**
- Going to Work During and After Cancer**
- Young Adults: Returning to Work after Cancer**
- Connecting Champions** – Figuring out where to work
- Cancer+Careers** empowers & educates people with cancer to thrive in their workplace, expert advice, tools & educational events.
- Triage Cancer, Work & Employment** helps with how to work through cancer treatment or take time off and help paying for your care.



Help with Parenting

- Bright Spot Network** provides young cancer survivors who are parents of small children with a safe space for individual and familial healing, recovery, and reconnection
- Pickles Group** – provide free peer-to-peer support and resources to kids ages 5 – 18 affected by their parent or guardian's cancer.



Is something missing on this tool? Click [HERE](#) to let us know, give your ideas.

Help with Health Insurance

Often help can be found by calling the Customer Service phone number on the back of your health insurance card and talking with them about your questions or needs.

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Charito MacKenzie, Ph: 847-268-8200



Additional Resources:

- Triage Cancer, Health Insurance**
- Cancer + Careers, A guide to Insurance**
- State Of Illinois, Medicaid** – health care coverage for people with low-incomes
- CancerCare® – Co-Payment Assistance**
- 12 Health Insurance terms every patient needs to know**
- 10 Helpful Hints for Choosing the Right Health Insurance**

Words Matter!

The vocabulary of health insurance is complicated. As a person with a cancer diagnosis, it is important that you get the best insurance policy to help you pay for and get access to the care you need and deserve. [Learn HERE](#)

Financial Resources

- Triage Cancer's**
 - Toolkit for Navigating Finances After Cancer**
 - Legal & Financial Navigation Program**
- Cancer + Careers** [Legal & Financial Information](#)



Please share your thoughts [HERE!](#)

What works, what does not, what is missing?

3 minutes of your time is all we need to make this a better resource that helps you and people like you.

Thank You!!!

Care Team

Diagnosis

Treatment