

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!

When you get familiar with this tool, please let us know [HERE](#) if it is helpful

Your Cancer Care Team and Contact Information

	Oncologists	Caitlin Agrawal MD	847-723-9400
		Daniel Choi MD	"
		William Goodell MD	"
		Amir Siddiqui MD	"
	Nurse Practitioners	Lizzie Sharos, MSN, APRN, NP-C Margaret Schaffer, FNP-BC	847-723-9400 "
	Social Worker	Tina Eisman LCSW	847-723-9467
	Child Life	Therapeutic play, art/music/pet therapy, help with school & more Child Life Specialist: Kevynne Dudek	847-723-7529 847-723 4338

Support After Cancer: P.O.S.T. Program

Pediatric Oncology Survivors in Transition (P.O.S.T.) Support Services that focus on how to stay healthy after treatment.

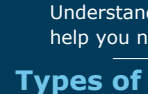
[Information Here](#)

Nurse [Julia Stepenske , RN, BSN, CPON](#) **847-723-9345**

Primary Care Provider - PCP

We encourage all AYAs to have a PCP, [HERE](#) is information why.

[Find PCP 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 & more.

[Get App & Sign in Here](#)

Fertility Preservation

a type of medical procedure to help you keep the ability to have children.

Your cancer care team will best help you navigate the options and process of fertility preservation.

Discussions about your fertility can happen before, during and after completion of treatment. The resources below provide you information to help you understand your options, the process, where to find financial help and more.

Cancer Care Team Members and Type of Care They Provide

Caring for your health means caring for your body and your mind. Your treatment team and in the community, are providers who specialize in tending to your physical, mental, social, & emotional wellbeing.

[Information Here](#)

Understanding the support available to you and how to access the help you need will result in a better care experience.

Types of Cancer Care

- [Surgery](#)
- [Chemotherapy](#)
- [Radiation Therapy](#)
- [Immunotherapy](#)
- [Targeted Therapy](#)
- [Bone Marrow/Stem Transplant](#)
- [Clinical Trial Participation](#)
- [Complementary \(Integrative\) Medicine](#)
- [Palliative Care](#)
- [End of Life Care](#)

Types of Cancer Care After Primary Treatment

- [Surveillance](#)
- [Survivorship](#)
- [Complementary \(Integrative\) Medicine](#)

Let your doctor know about other care you use such as:

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

Click below for Information & Support Resources provided at:



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V027.11202023

At Diagnosis

Help understanding...

From the Children's Oncology Group (COG)

- **What is Cancer**
- **A New Diagnosis:** [English](#) [Español](#) [Français](#)
- **COG KidsCare App** - provides a place for you to get the information you need while caring for a child with cancer.
- **Where to Find Credible / Trustworthy Cancer Info**
- **What an AYA is**
- **The Vocabulary of Cancer**

Fertility Preservation Information

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

- **Preserving Fertility in Children With Cancer**
- **Fertility Options**, The Oncofertility® Consortium
- **Decision Aid** - Helps You Take Charge of your fertility, from The Oncofertility® Consortium

▶ Videos on Fertility Preservation

teens	ACS	COG	The Oncofertility® Consortium	Cancer.Net
female	ACS	COG	The Oncofertility® Consortium	Cancer.Net
			Information on Ovarian Stimulation	Information on Ovarian Suppression
male	ACS	COG	The Oncofertility® Consortium	Cancer.Net

Parenthood Options

female	Livestrong	Family Building Options Chart for Women
male	Livestrong	Family Building Options Chart for Men

Financial Help

- **Advocate Financial Assistance**
- **Livestrong Fertility Financial Assistance**
- **Team Maggie** (ages 15-37, fertility pres. costs)
- **Verna's Purse** (shipping and storage costs)
- **Fertility Within Reach** (grant and discount programs)
- **ReUnite** (discounted meds for eligible)
- **Worth The Wait** providing financial support for fertility treatments, adoption and surrogacy
- **Chick Mission** young woman diagnosed w/ cancer
- **Chicago Coalition for Family Building**

Don't let cost be a barrier!

Talk to your cancer care team, your fertility preservation team, and look into these additional financial resources. Know that financial resources are fluid, may not always be available. Do not get discouraged, new resources can be offered over time.

Fertility Legal Rights • Alliance for Fertility Preservation

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 stored.

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

For Preserving Eggs: the process takes approximately 2-3 weeks to prepare with medications in order to collect the eggs for freezing.

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

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

Navigating life with cancer

- **COG KidsCare App** - provides a place for you to get and keep the information you need while caring for a child 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 and 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](#) & [Android](#) 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.

Emotional Wellbeing

- **Cancer & Mental Health, Emotions Need Treatment Too**
- **Daily Prescription for Mental Health: Be Proactive**

Connecting to Other AYAs

- **AYA Group thru Child Life** call Kaylee O'Brien 708-684-4142
- **Connecting to Other AYAs**
- **Gilda's Club Chicago**
- **Stupid Cancer**
- **Cactus Cancer Society**
- **Elephants and Tea**
- **Imerman Angels** - One-on-One Cancer Support Community
- **I Had Cancer** - Peer-to-Peer Cancer Support Community

Health Insurance Information

Often patients can be helped by first calling the Customer Service phone number on the back of card and talk with them about your questions or needs.

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

Financial Resources

- **CancerCare® - Financial Assistance**
- **Social Security Disability Benefits - How You Qualify**
- **Social Security SSI Child Disability Starter Kit** (under 18)
- **Illinois Medicaid** Healthcare coverage, food, & cash assistance
- **SNAP** Supplemental Nutrition Assistance Program

Click below for Information & Support Resources provided at:

- [Home](#)
- [Treatment](#)
- [After Primary Treatment](#)
- [Anytime](#)

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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At Treatment



Help understanding...

Children's Oncology Group (COG)®

- Treatment & Effects on **Page 41** in this Family Handbook:

[English](#)

[Español](#)

[Français](#)

- [NIH NCI, Treatment Choices](#), for AYAs with Cancer

Navigating life with cancer



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Emotional Wellbeing

- [Support for Young People during Cancer Treatment](#)

Connecting to Other AYAs

- [AYA Group thru Child Life](#) call Kaylee O'Brien 708-684-4142

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- [Gilda's Club Chicago](#)

- [Stupid Cancer](#)

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- [I Had Cancer](#) - Peer-to-Peer Cancer Support Community

Help with Side Effects

Peer to Peer Tips: Ask your cancer care team about: EMLA® cream to numb the skin for needle pokes and Press'n Seal® Cling Film to cover, Biotène® Mouthwash that may help with dry mouth, Lemon Heads®, Sprees®, SweetARTS® to help with the taste of metals in your mouth.



Nausea and Vomiting	Together	Cancer.Net	NIH_NCI	ACS
Constipation	Together	Cancer.Net	NIH_NCI	ACS
Sleep	Together	Cancer.Net	NIH_NCI	ACS
Mouth Sores	Together	Cancer.Net	NIH_NCI	ACS
Neutropenia / Fevers	Together	Cancer.Net	NIH_NCI	ACS
Fatigue	Together	Cancer.Net	NIH_NCI	ACS
Loss of Appetite	Together	Cancer.Net	NIH_NCI	ACS
Weight Gain	Together	Cancer.Net	NIH_NCI	ACS
Cognitive Function	Together	Cancer.Net	NIH_NCI	ACS
Sexual Health	Cancer.Net	NIH_NCI	ACS	
Appearance	Women	Men	More	
	Together	Cancer.Net	NIH_NCI	ACS

Help with School

Advocate Children's Hospital, Hospital School Coordinator:

Deirdre Fischer, M.Ed.
deirdre.fischer@aah.org
708-684-5335

[Information Here](#)

- [ACS, Help to Manage School During Cancer Treatment](#)
- [Cancer.Net, Managing School During and After Cancer](#)
- [Cancer.Net, School Moving Forward Videos on School](#)
- [Cancer.Net, Podcast, Just for Teens - Cancer & School](#)
- [Leukemia & Lymphoma Society®, Returning to School](#)
- [St. Jude's Together, School Support](#)

Information for College Students with Cancer:

- [EDUMED Support for College Students with Cancer](#)



[Cactus Cancer Society Speaker Series: Creating A Realistic Academic Plan](#)

Health Insurance Information

Often patients can be helped by first calling the Customer Service phone number on the back of card and talk with them about your questions or needs.



Advocate Aurora Health Patient Contact Center

Call 847-795-2300 for assistance with:

Billing / statement inquiries, Request detailed bills, Information on financial options / assistance, Payment by phone, Pre-procedure estimates, Updates to insurance.

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



Financial Resources

- [Advocate Financial Assistance for Patients](#)
- [Financial Information for Cancer Related Expenses](#)
- [CancerCare® - How Co-Pay Assistance Foundations Help](#)

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.

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[Home](#)

[Diagnosis](#)

[After Primary Treatment](#)

[Anytime](#)

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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...

Children's Oncology Group (COG) ©

- [Family Handbook](#) After Treatment Ends on page 91:

[English](#)

[Español](#)

[Français](#)

Life After Treatment

[Cancer.Net](#) [NIH, NCI](#) [ACS](#)
[Specifically, for AYAs](#)

- [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.
- [Cactus Cancer Society](#) a safe space where young adults (ages 18-45) facing cancer can connect, cope, and thrive

Fertility Preservation Information

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 !

Fertility Preservation Information

- ✓ *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 when you move or change phone numbers.*

For 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.

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.

Emotional Wellbeing

- [Emotional Issues after Cancer Treatment](#)
- [Livestrong, Emotions After Cancer Treatment](#) [Español](#)
- [Teen Cancer America's Cancer Rebellion](#) – 54 short story films from a cross country trek showing AYAs they are not alone

Overall Wellbeing

Nutrition

- [Staying Healthy thru Diet / Physical Activity](#) [Español](#)
- [Nutrition Recommendations During and After Treatment](#)



- [Nutrition in Cancer Care \(PDQ®\)](#)
- [American Institute for Cancer Research](#) Better Nutrition, Healthy Weight

- [Environmental Working Group](#) (Nutrition & more)

Physical Activity

- [Staying Healthy thru Diet / Physical Activity](#) [Español](#)
- [Physical Activity and Person with Cancer](#)
- [Exercise During Cancer Treatment](#)
- [Healthy Living After Cancer](#)
- [Physical Activity Tips for Survivors](#)



Relationships

- [Your Emotions and Relationships](#)
- [Cancer and Relationships](#)
- [How cancer can affect your family, friends, & partners](#)



- [Taking Charge](#), A cancer resource for friends of teen and young adult cancer patients
- [Self-Image and Sexuality](#)

Connecting to Other AYAs

- [AYA Group thru Child Life](#) call Kaylee O'Brien 708-684-4142
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Help with Side Effects

American Cancer Society (ACS):

Late / Long-term Effects of Cancer Treatment in Young Adults

Sleep	Together	Cancer.Net	NIH, NCI	ACS
Mouth Sores	Together	Cancer.Net	NIH, NCI	ACS
Fatigue	Together	Cancer.Net	NIH, NCI	ACS
Loss of Appetite	Together	Cancer.Net	NIH, NCI	ACS
Weight Gain	Together	Cancer.Net	NIH, NCI	ACS
Cognitive Function	Together	Cancer.Net	NIH, NCI	ACS
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- [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](#)

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Financial Resources

- [Triage Cancer's](#)
 - [Toolkit for Navigating Expenses After Cancer](#)
 - [Legal & Financial Navigation Program](#)
- [Cancer + Careers Legal & Financial Information](#)
- [The National Children's Cancer Society](#), Scroll down to "Scholarships"

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[Home](#)

[Diagnosis](#)

[Treatment](#)

[Anytime](#)

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Supportive Care Resources At Anytime

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