



CANCER SURVIVORSHIP RESOURCES

Whether you are adjusting to physical changes, coping with emotional challenges, have financial concerns, or seeking guidance on wellness, this guide offers valuable information, tools, and resources to help you navigate life after cancer treatment.

Survivorship Concerns and Resources

A Cancer Survivorship Care Plan is a comprehensive, personalized document developed by healthcare providers to help cancer survivors manage their health after treatment. It serves as a roadmap for ongoing care, providing survivors with the information they need to stay on top of their health, prevent recurrence, and monitor for long-term effects of cancer treatment.

- **National Cancer Institute (NCI)** website has a host of information about cancer survivorship including adjusting to life after cancer, how to navigate medical care after treatment, including how to ask for a **Cancer Survivorship Care Plan**, suggestions for your health and what to expect as time passes.
 - <https://www.cancer.gov/about-cancer/coping/survivorship>
 - <https://www.cancer.gov/about-cancer/coping/survivorship/new-normal>
 - <https://www.cancer.gov/about-cancer/coping/survivorship/follow-up-care>
 - <https://www.cancer.gov/about-cancer/coping/survivorship/late-effects>

Coping and Support Resources

- **(NCI)** <https://www.cancer.gov/about-cancer/coping/feelings>
- **(NCI)** <https://www.cancer.gov/about-cancer/coping/survivorship/questions>
- **CancerCare:** Provides free professional support services, including **counseling, support groups, and financial assistance.**
<https://www.cancercare.org/>
- **MyLifeLine:** connects cancer patients and caregivers with friends and family to reduce stress, anxiety and isolation.
<https://www.cancersupportcommunity.org/mylifeline-online-community>

FOR MORE INFORMATION PLEASE CALL **(570) 904-8808** OR VISIT **WWW.CANCERNEPA.ORG**

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Physical and Rehabilitation Resources-Local

- **Allied Services in Scranton and Wilkes-Barre:** Cancer rehabilitation program: <https://www.allied-services.org/services/outpatient-rehabilitation/outpatient-cancer-rehabilitation/> 570-348-1360
- **The Cancer Wellness Center of NEPA: Wellness and healing resources** <https://cancerwellnessnepa.org/> 570-714-8800
- **JCC Scranton:** comprehensive cancer, chronic disease, wellness, and rehabilitation program <https://scrantonjcc.org/cancer-wellness-2/> 570-346-9565 ext. 115
- **Livestrong at the YMCA:** Offers free, 12-week fitness programs for cancer survivors to regain strength and confidence after treatment. To find a program near you visit [livestrong at the YMCA](https://www.ymca.org/what-we-do/healthy-living/fitness/livestrong) <https://www.ymca.org/what-we-do/healthy-living/fitness/livestrong>

Financial Resources

- **Cancer Financial Assistance Coalition (CFAC):** Provides a comprehensive list of organizations that offer financial help to cancer patients and survivors for treatment-related expenses. <https://www.cancerfac.org/>
- **Patient Advocate Foundation:** Offers financial assistance for co-pays, insurance issues, and other financial burdens. <https://www.patientadvocate.org/>

Legal and Employment Resources

- **Cancer and Careers:** Helps cancer survivors navigate the workplace, offering career coaching, job search tools, and information about workplace rights. <https://www.cancerandcareers.org/en>
- **National Cancer Legal Services Network (NCLSN):** Provides free legal services for cancer patients and survivors dealing with discrimination, insurance issues, and employment rights. <https://legalhealth.org/cancer/>

For additional resources and guidance contact the Northeast Regional Cancer Institute at www.cancernepa.org or 570-904-8808 option 2.



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