

Connect With Support and Services

Resource Guide for Supportive Cancer Care in the South Suburbs



Table of contents

Your Northwestern Medicine care team	2	Community resources	17
Infusion and Radiation Services	4	Domestic violence resources	17
Northwestern Medicine specialized services	5	Grief counseling	17
Marianjoy Rehabilitation Hospital	5	General resources	18
Physical therapy and lymphedema care	6	Community support centers	19
Fertility preservation	7	Local service organizations	19
Palliative care	7	Support for children	20
Osher Center for Integrative Medicine	8	Cancer organizations and resources	21
Genetic counseling	8	Wig resources	24
Behavioral health	9	Wig Boutique and Beautiful You Workshops	24
Partial Hospitalization Program and Intensive Outpatient Program	9	Durable medical equipment	25
Substance Use Disorder Intensive Outpatient Program	10	Financial resources	26
Northwestern Medicine Supportive Services	11	Help with medication and treatment costs	27
Living Well Cancer Resources	11	Food assistance	28
Living Well programs	12	Transportation services	29
Support groups at Living Well	13	Government insurance assistance	31
Adolescent and Young Adult program	15	Support to help you stop smoking	32
Mentorship programs	16	Resources for caregivers	33
		Northwestern Medicine Cancer Care Network	35





Your Northwestern Medicine care team

We are dedicated to listening and responding to patient concerns, promoting well-being and treating each patient with respect and compassion.

Your team at each cancer center may include:

Medical oncologists

These physicians monitor advances in care, expand clinical trials and lead your care. They specialize in your specific type of cancer.

Radiation oncologists

These physicians plan the course of therapy and conduct check-ups to ensure your treatment is on track.

Surgical oncologists

These physicians specialize in your particular type of surgery.

Advanced practice providers

They work with physicians and your care team. They can answer questions and provide care.

Oncology nurse clinicians

They will assess your symptoms and communicate with physicians. They will educate you and your loved ones on your health issues and care, and help coordinate your care.

Social workers

They can:

- › Help you navigate resources for transportation, lodging, work, home care and more.
- › Offer resources to help you and your loved ones cope, including ways to manage and overcome depression, anxiety and cancer-related stress.
- › Teach you how to advocate for yourself as a patient so you better understand your diagnosis and care plan.
- › Share ways to talk with children, loved ones, friends or co-workers about a cancer diagnosis and treatment.
- › Help you plan for end-of-life through advanced care planning, if needed. They can help you complete:
 - Power of Attorney for Health Care forms
 - Five Wishes
 - Practitioner Order for Life Sustaining Treatment (POLST)
- › Help you understand any Social Security benefits, disability benefits and insurance coverage.

Dietitians

Good nutrition is important before, during and after cancer treatment. Some side effects of cancer treatment can affect your eating habits.

The dietitians can:

- › Work with you to make a nutrition plan to help you manage any side effects of your treatment.
- › Teach you what foods to eat to help your body during treatment.

New patient liaisons

They will help schedule your visits and set up your care. They will check your insurance and help you understand your health plan information.

Breast cancer and surgery nurse navigators

These registered nurses can:

- › Give you information about your diagnosis, treatment and available supportive services.
- › Serve as educators, advocates and guides before, during and after treatment.





Northwestern Medicine Infusion and Radiation Services

Everything you need for cancer care is available in our convenient and comfortable outpatient location.

Services offered

Oncology infusion services:

The infusion center features primarily private infusion rooms with warm blankets, TVs and Wi-Fi.

Radiation oncology services, including:

- › 3D-conformal radiation therapy
- › Intensity modulated radiation therapy
- › Image-guided radiation therapy
- › Stereotactic body radiotherapy
- › Brachytherapy



Northwestern Medicine St. George Cancer Institute

15300 West Avenue, Suite 108
Orland Park, Illinois 60462
Medical Oncology: 708.226.2318
Radiation Oncology: 708.448.9393



Northwestern Medicine specialized services

At Northwestern Medicine, we offer specialized services that support your cancer treatment and well-being. Talk with your physician about referrals for specialized services.

Northwestern Medicine Marianjoy Rehabilitation Hospital

Our rehabilitation team can help you on your road to recovery. Our experts include physical therapists, occupational therapists and speech-language pathologists.

They can work with you on:

- › Strength and conditioning
- › Self-care
- › Swallowing
- › Communication
- › Manual lymph drainage and compression
- › Exercises to help you manage the symptoms of lymphedema and avoid inflammation and infections



The Northwestern Medicine Wheelchair and Positioning Program can help you understand and make decisions about wheelchair and assistive devices.

Physical therapy and lymphedema care

Physical and occupational therapy is a key part of our multidisciplinary approach to cancer treatment. Our therapists have special training in post-surgical and post-treatment techniques to improve function, motion, scar tissue tightness, lymphedema and balance.

With highly personalized treatment sessions, our therapists can help you:

- › Prevent and/or reduce cancer-related fatigue and pain
- › Increase muscle mass, strength and endurance
- › Restore balance
- › Perform everyday activities more easily
- › Manage some common side effects of chemotherapy and radiation
- › Manage weight and volume increase due to lymphedema
- › Regain shoulder range of motion after breast cancer surgery
- › Improve your quality of life and physical fitness

Our cancer therapists are certified lymphedema therapists. They offer complete decongestive therapy, a noninvasive and painless therapy that includes:

- › Applying compression bandages, or other forms of compression, to keep the fluid from re-accumulating between treatment sessions
- › Exercise with bandaging to increase tissue pressure and lymph fluid movement
- › Manual lymph drainage to reroute lymph fluid around blocked areas



- › Skin care to lower risk of infections and improve skin health
- › Help with products, such as compression garments and/or a compression pump, that you may need after therapy

Northwestern Medicine Outpatient Rehabilitation Orland Park

15430 West Avenue
Orland Park, Illinois 60462

You must have a prescription for therapy.
To schedule an appointment, please call
708.923.5050.

Fertility preservation

Cancer treatment can affect your ability to have children. We can move quickly with fertility preservation options to avoid delaying your treatment.

A patient navigator can discuss your options with you, your family and your cancer care team. They can also help you schedule visits more quickly, and they will serve as a resource throughout your fertility and treatment journey.

To reach our patient navigator for fertility preservation, please call **312.503.3378**.



Palliative care

Palliative care, also known as palliative medicine, focuses on improving quality of life, providing an extra layer of support and having a team focus on patient care when facing a serious illness.

Palliative care aims to improve your quality of life by relieving the symptoms associated with serious illness. You can get this type of care at any stage of a life-altering illness to help you:

- › Live with illness
- › Manage the effects of aggressive treatment
- › Find ways to handle day-to-day challenges

Palliative care can help shift the medical approach from crisis intervention to crisis prevention. For example, good symptom management may help you avoid an unwanted hospitalization.

Palliative care also aims to support you and your loved ones as you face the uncertainty that comes with

serious illnesses. We work with you and your family to navigate your care.

If you have cancer, or any other serious illness, unmanaged symptoms can make it harder for your body to heal. The board-certified Northwestern Medicine Palliative Care specialists:

- › Work with your treatment team and caregivers to provide an extra layer of support to help you find relief from symptoms, pain and stress.
- › Provide care and help for a broad range of physical, emotional, spiritual and social concerns that you and your loved ones may face.

Northwestern Medicine Palliative Medicine

15300 West Avenue, Suite 203

Orland Park, Illinois 60462

Phone: 708-226-2525

Fax: 708-226-2398

Northwestern Medicine Osher Center for Integrative Medicine

Integrative medicine focuses on science-based practices while acknowledging your body's natural healing abilities. It can expand our care options for a variety of conditions and diseases.

Services include:

- › Holistic primary care
- › Psychology services
- › Acupuncture services
- › Chiropractic services
- › Massage therapy services (you must pay out of pocket; we do not bill your insurance)
- › Integrative medicine consultations
- › Dietitian and nutrition services

To make an appointment call **312.926.DOCS** (3627).

**Northwestern Medicine Osher Center
for Integrative Medicine**
150 East Huron Street, Suite 1100, Chicago

Genetic counseling

We have board-certified and licensed genetic counselors who can help you understand your risk for developing cancer and other conditions based on your personal and family history. They can also answer your questions related to genetics and your health, and help you decide if genetic testing is right for you.

Genetic test results may affect treatment decisions for newly diagnosed cancer. Genetic counselors can offer guidance on strategies to detect cancer early, when it is most treatable, and can discuss possible options to reduce your risks.

Genetic counseling services include:

- › Genetic counseling and education
- › Risk assessment
- › Interpretation and explanation of genetic test results
- › Guidance on early detection, risk reduction, resources and genetic testing for your family

To schedule an appointment with a genetic counselor, call **708.923.4087**.



Behavioral health

Your care team can discuss symptoms related to anxiety and/or depression.
If this is not an emergency, please reach out to your local cancer center.

Northwestern Medicine Behavioral Health offers personalized care to help patients with mental health conditions, such as depression, anxiety, mood disorders and bipolar disorder.

In addition to inpatient care and outpatient counseling, we offer treatment for substance use disorder, and partial hospitalization and intensive outpatient programs (PHP/IOP).

Transcranial magnetic stimulation (TMS) and electroconvulsive therapy (ECT) appointments are also available for patients experiencing severe depression that has not improved with antidepressant medication.

primary therapist, psychiatrist or advanced practice nurse, and registered nurse to meet your individual needs. This collaboration will help you develop healthy coping skills, reduce symptoms, improve your quality of life and promote long-term recovery. Any patients who also have a co-occurring substance use disorder will be treated for the disorder while in the program.

There is no predetermined length of stay.
The timing is based on your progress and individual needs.

Partial Hospitalization Program and Intensive Outpatient Program

The Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) include group psychotherapy with the goals of symptom reduction and skill building. You will work together with a

As you progress, adjusting the hours or days may be possible. We have found that the participation of family members and other supportive individuals significantly increases the likelihood of achieving a sustained recovery. Your therapist will work with you to plan a meeting while in the program. Your treatment team will be available to assist you with discharge planning and follow-up for appropriate services.

Substance Use Disorder Intensive Outpatient Program

Programming in the Substance Use Disorder Intensive Outpatient Program (SUD-IOP) includes various group therapies that focus on helping you achieve and maintain abstinence with the eventual goal of helping you move toward a gratifying lifestyle. There is an emphasis on achieving the goals of symptom reduction, skill building, achieving and maintaining abstinence, and living a life worth living.

Your treatment team includes a primary therapist, psychiatrist or advanced practice nurse, and registered nurse. This collaboration will help you develop healthy coping skills, improve your quality of life, develop relapse prevention skills and promote long-term recovery.

You and your primary therapist, with input from other members of the treatment team, will develop a plan tailored for you for each phase of your treatment.

Another essential component of your treatment will be the involvement of your family members and others who are significant to you. In at least two ways, family members are strongly encouraged to participate in the process: in weekly Family Education Groups and in family meetings.

There is no predetermined length of stay for the program; the timing is based on your individual needs. Please be aware that research evidence is very clear: Extended stays in treatment generally lead to the best outcomes in overcoming drug use disorders.

Most major insurance plans are accepted. To learn more, speak to your care team.



To schedule an appointment, please call:
TMS/other: **708.923.7878**
PHP/IOP: **708.460.2721**
ECT: **708.923.5772**

If you or a loved one are in need of behavioral health services, call our 24-hour crisis hotline at 708.361.TALK (8255) or go to the closest emergency department.



Northwestern Medicine Supportive Services

Northwestern Medicine Living Well Cancer Resources

[Northwestern Medicine Living Well Cancer Resources](#) provides compassionate care that empowers, encourages, supports and offers hope to patients with cancer and their families.

[Living Well Cancer Resources](#) offers programs and services at no cost at these locations:



Living Well Geneva
442 Williamsburg Avenue
Geneva
630.933.7860



Living Well Warrenville
4525 Weaver Parkway
Warrenville
331.732.4900



**Living Well Cancer Resources
Satellite**
15300 West Avenue
Orland Park
[Contact: Geneva or Warrenville
locations for further information](#)

Living Well programs

Programs may be in person, virtual or hybrid (a combination of in person and virtual). A few programs take place at Northwestern Medicine St. George Cancer Institute in Orland Park; refer to the program guide at livingwellcrc.org for details.

Art classes

A wide variety of art classes include jewelry-making, prompted painting and guided sketch.

Counseling services

Ongoing psychosocial support includes individual, family and children counseling, support groups and special presentations.

Medical discussions

Northwestern Medicine clinicians present virtual discussions about medical updates, treatment advances and side-effect management.

Stress management

Programs are designed to promote self-care, help participants stay in the moment and learn healthy ways to cope.

Mindful movements

Movement classes include chair yoga, fitness for bone health, yoga and guided relaxation.



Nutrition classes

Online classes help you make informed choices about nutrition and move through cancer treatment into survivorship.

Support groups

Group meetings let patients connect with others who understand their cancer journey, and learn new ways to cope and handle difficult situations.

Touch therapy

Offered just for patients, this therapy can help you relax, boost immunity, improve circulation and reduce pain.

Wig Boutique

Patients dealing with hair loss can be fitted for a wig that they choose.

Individualized exercise program

This personalized program includes a pre-assessment, exercise plan and a follow-up assessment after 90 days. Certified fitness personnel provide education and safety instruction.

Support groups at Living Well

Connect with others who understand your cancer journey and learn new ways to cope and handle difficult situations.

You must register for support groups at livingwell.nm.org.

Scanxiety drop-in group

Many patients and caregivers experience anxiety around scans, blood work or upcoming appointments. This virtual drop-in group gives you an opportunity to process feelings of “scanxiety” and learn strategies to help manage feelings of stress and anxiety while waiting for tests or test results.

Caregiver Support

This support group embraces the importance of those dedicated to caring for loved ones who are living with cancer. You will have opportunities to network with other caregivers in similar situations.

Facing Cancer Together (FACT)

This group is open to any patient who is newly diagnosed, in treatment, completing treatment, or living with cancer as a chronic illness. This support group is for people with any type or stage of cancer.

Good Grief

Navigating life after loss is hard, but having the support of others who understand can help you. This group provides emotional support and connection for people who have experienced the loss of an adult loved one to cancer in the past 18 months.

Men’s Networking Group

Connect with other men affected by cancer in their lives. This drop-in group meets once a month.

Prostate Support Group

This group offers the opportunity for men with a prostate cancer diagnosis to come together to support each other through diagnosis, treatment and early survivorship.

Head and Neck

Open to anyone diagnosed with head and neck cancer and caregivers, this group provides opportunities to share personal experiences and coping strategies and receive education and information about treatment and post-treatment changes.

Caregiver Support

This support group embraces the importance of those dedicated to caring for loved ones who are living with cancer. You will have opportunities to network with other caregivers in similar situations.

Spanish-Speaking Support Group | Grupo de apoyo en español

This support group is for patients and caregivers affected by cancer whose primary language is Spanish.

Este grupo de apoyo es para pacientes y cuidadores cuyo idioma principal es el español y que han sido afectados por el cáncer.

Breast: General

This group allows you and others with a breast cancer diagnosis to come together and support each other through diagnosis, treatment and early survivorship.

Breast: Mastectomy

This support group is open to any person who has had or will have a mastectomy. It is designed to support you and others as you process the physical and emotional impact of a mastectomy.

Breast: Metastatic

Support and connect with others who understand the challenges of living with a metastatic breast cancer diagnosis.



Gynecological

If you have been diagnosed with ovarian, uterine, cervical or another gynecological cancer, this group offers an opportunity to come together and support one another through diagnosis, treatment, early survivorship and maintenance.

Young Adult Support

This monthly group provides support and education to young adults ages 18 to 40 who have a cancer diagnosis.

Brain Tumor

This group provides support and education to patients of all ages who have a diagnosis of a primary brain tumor. Caregivers are welcome to attend.



Adolescent and Young Adult cancer program

Young adults living with cancer confront unique challenges related to work, school, health insurance, relationships, sexuality and fertility, as well as emotional distress and depression. Our Adolescent and Young Adult (AYA) Cancer Program provides programs and services to address these concerns and support the needs of young adults with cancer. The resources and services we offer are aligned with nationally established guidelines, to meet the complex needs of our patients.

The AYA Cancer Program offers access to resources at Robert H. Lurie Comprehensive Cancer Center of Northwestern University, including supportive care, clinical services and clinical trials. To join the program, email nayac@northwestern.edu.

Mentorship programs

These programs match patients and their loved ones with someone who has been in similar treatment for support and mentorship.

Matches are made based on diagnosis, treatment and other factors.

Woman to Woman at Northwestern Medicine

This mentor support program pairs Northwestern Medicine patients with gynecologic cancer with trained survivor mentors who provide one-on-one emotional support and mentoring.

The Ovarian Cancer Research Alliance started and funded the Woman to Woman program and has provided support to hundreds coping with gynecologic cancer.

Mentors meet one-on-one with recently diagnosed patients to listen, discuss concerns, provide support, and sometimes just hold a hand. Mentors are carefully matched to patients based on cancer type, age, language and culture, patient preferences, as well as other relevant factors.

To learn more about the program, please call **312.472.3180**.



Resources for caregivers

The Caregiver Resource Center at Northwestern Medicine Palos Hospital offers guidance, information and support for those who are caring for a loved one who is ill. Located off the main lobby of the hospital, the center is open Monday through Friday from 9 am to 1pm.



Community resources

Domestic violence resources

Domestic violence is a pattern of behavior that is used to gain or keep power and control over a family member or intimate partner. An intimate partner may be a current or former spouse or significant other.

Domestic violence can happen to anyone. These organizations offer resources to help.

The National Domestic Violence Hotline
800.799.7233 (SAFE)
ndvh.org

Crisis Center for South Suburbia
Tinley Park
708.429.7255

Anew: Building Beyond Violence and Abuse
Homewood
708.794.2140
anewdv.org

Grief counseling

Individual and group support is available to those who have experienced a loss due to the death of a loved one.

Northwestern Medicine Palos Hospital
708.923.4840

- › Bereavement support group: six weekly sessions in the spring and fall.

Northwestern Medicine Palos Hospital Hospice
Palos Heights and Orland Park
630.257.1111

- › Grief support: various support groups in the day and evening.

Lightways Hospice and Serious Illness Care
815.460.3282

Cancer Support Center
Homewood: 708.798.9171
Mokena: 708.478.3529

General resources

Suicide Prevention Services

- › Depression Line: 630.482.9696 or 800.273.8255
- › Online chat: spsamerica.org
- › Spanish Line: 888.628.9454

988 Suicide and Crisis Lifeline

- › 24/7 support for people in distress.
- › Confidential and available at no cost.
- › Call or text 988.

BetterHelp

- › Message a professional therapist 24/7 online.

CancerCare

- › A nonprofit that offers professional support services for no cost.
- › Available to people with cancer, caregivers, children and loved ones.
- › Trained cancer care social workers provide the programs.
- › There is no cost for services.
- › Call 800.813.4673.

National Alliance on Mental Health (NAMI) Illinois

- › NAMI Illinois is a nonprofit for people who live in Illinois.
- › They provide mental health support, online groups, resources and education for no cost.
- › Visit the NAMI Illinois webpage to find the NAMI-affiliated facility closest to you.

Community Behavioral Health

Trinity Services Living Room
2000 Glenwood Avenue, Joliet
779.341.5090

16514 South 106th Court, Orland Park
708.981.3370

Crisis Lines

- › Will and Grundy Counties: 815.722.3344
- › NAMI of Will/Grundy Counties: 815.731.9103
- › NAMI of Kane South, DeKalb, Kendall (KDK): 630.896.6264
- › Metropolitan Family Services, Palos Hills: 708.974.2300

Psychology Today

The Psychology Today Therapy Directory lists clinical professionals, psychiatrists and treatment centers that provide mental health services.

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

The National Helpline is a confidential 24/7 treatment referral and information service for people with mental or substance use disorders.

- › There is no cost to use it.
- › It is available in English and Spanish.
- › Call 800.662.HELP (4357).

Veterans Crisis Line

- › This resource is available for veterans, current service members and their loved ones.
- › You do not need to be enrolled in the Veteran's Administration (VA) benefits or health care.
- › Call 988 and press 1 to contact the Veterans Crisis Line.

Imerman Angels

866.463.7626

4th Angel

866.520.3197

Cancer Hope Network

877.HOPENET (877.467.3638)

Blood Cancer United (formerly The Leukemia & Lymphoma Society)

The Patti Robinson Kaufmann First Connection® Program

American Brain Tumor Association Patient & Caregiver Mentor Support Program

800.886.2282



Local community support centers

These local cancer resource centers offer services at no cost. Services include education, stress management, counseling, bereavement, nutrition and wellness.

[Waterford Place](#)

1310 Waterford Drive, Aurora
331.301.5280

[Gilda's Club Chicago](#)

537 North Wells Street, Chicago
312.464.9900

Gilda's Club in Oak Lawn

4440 West 95th Street, Oak Lawn
708.684.9505

Cancer Support Center Homewood

2028 Elm Road, Homewood
708.798.9171

Cancer Support Center Mokena

19645 South LaGrange Road, Mokena
708.478.3529

Wellness House

131 North County Line Road, Hinsdale
630.323.5150

Local service organizations

Local service or volunteer organizations may offer financial help. These may include Catholic Charities, Jewish Social Services, the Lions Club, Lutheran Social Services, the Salvation Army and others.

Some of these organizations offer grants to help cover the cost of treatment and other expenses. Others may help with specific services or products, such as travel or medications.

- › [The American Cancer Society](#) (800.227.2345) and your local [UnitedWay](#) office can direct you to services in your community.
- › The Illinois Department of Human Services may offer help with food, housing, medical coverage and other services.
- › The Department of Social Services in your city or county may offer food, housing and other helpful services. Sometimes they may offer direct financial help. Check your local phone directory or go to usa.gov/state-social-services for more information.
- › Community-based groups, such as local churches, synagogues, mosques and lodges may also provide help, even if the person is not a member of their organization or religion.
- › [The Healthcare Hospitality Network](#) (800.542.9730) is an association of more than 200 nonprofits that provide lodging and support services to patients, families and their loved ones who are getting medical treatment away from home.
- › [Joe's House](#) (877.563.7468) is a nonprofit that helps people in the U.S. with cancer and their families find a place to stay when traveling away from home for medical treatment.

Support for children

Bright Spot Network

Bright Spot Network serves families who have a parent, pregnant family member, primary caregiver or child (newborn to 6) with cancer. It offers a safe space for individual and familial healing, recovery and reconnection.

Camp Kesem

253.736.3821

Camp Kesem provides no-cost summer camps, day programs and virtual meetups for youth and adolescents who have a parent diagnosed with cancer. This gives them opportunities to connect with peers, process their experiences and have fun.

Wonders & Worries

512.329.5757

Wonders & Worries provides support for children and teenagers ages 2 to 18 through a parent's serious illness or injury. They offer a helpline, a podcast, resource articles, videos, parent consultations and webinars.



Pickles

559.313.6873

This group provides peer support and resources to kids affected by their parent or guardian's cancer. This support is available at no cost.

Team Pickles Group is led by youth services and mental health experts. Resources include:

- › **Family support kits:** A booklet and guide to help you talk about your cancer diagnosis with your kids.
- › **Webinars for parents:** To help parents talk about cancer with their kids.
- › **Five-week virtual youth programming:** Art- and play-based online group meetings and peer support for ages 6 to 18.



Cancer organizations and resources

General resources

American Cancer Society

800.227.2345

cancer.org

American Institute for Cancer Research

aicr.org

Cancer Care, Inc.

800.813.4673

cancercare.org

Cancer Hope Network

cancerhopenetwork.org

Chemo Angels

chemoangels.com

FORCE (Facing Our Risk of Cancer Empowered)

facingourrisk.org

Imerman Angels

312.274.5529

imermanangels.org

Look Good Feel Better

lookgoodfeelbetter.org

My Life Line

mylifeline.org

National Lymphedema Network

lymphnet.org

National Cancer Institute

800.4CANCER (800.422.6237)

cancer.gov

The Cancer Support Community

cancersupportcommunity.org



Triage Cancer

triagecancer.org

Cancer & Careers

cancerandcareers.org

Caring Bridge

caringbridge.org

Breast cancer resources

Breastcancer.org

breastcancer.org

Living Beyond Breast Cancer

lbbc.org

National Breast Cancer Coalition

800.633.2838

stopbreastcancer.org

SHARE

sharecancersupport.org

Sisters Network Inc.

sistersnetworkinc.org

The Susan G. Komen Breast
Cancer Foundation

komen.org

Colorectal cancer resources

Colorectal Cancer Alliance

colorectalcaner.org

Lung cancer resources

GO2 for Lung Cancer

go2.org

Pancreatic cancer resources

Project Purple

projectpurple.org

Prostate cancer resources

Zero Prostate Cancer

zerocancer.org

Head and neck cancer resources

Head & Neck Cancer Alliance

headandneck.org

Support for People with
Oral and Head and Neck Cancer

spohnc.org

Brain cancer resources

American Brain Tumor
Association

abta.org

Blood cancer resources

Blood Cancer United

bloodcancerunited.org

Ovarian cancer resources

National Ovarian Cancer
Coalition (NOCC)

ovarian.org

Gynecological cancers

Share Cancer Support

sharecancersupport.org

Young adult cancer resources

Young Survival Coalition

youngsurvival.org

Stupid Cancer

212.619.1040

stupidcancer.org

Children whose parents have cancer

Pickles

picklesgroup.org

Bright Spot Network

brightspotnetwork.org

Wonders and Worries

wondersandworries.org

Resources for cancer survivors

- › **American Cancer Society Cancer Survivors Network** is a support community for people with cancer, survivors, caregivers and loved ones. csn.cancer.org
- › **Living Beyond Breast Cancer** (855.807.6386) is a nonprofit that provides educational materials on survivorship topics for people diagnosed with breast cancer.
- › **National Coalition for Cancer Survivorship** (877.NCCS.YES [877.622.7937]) is a survivor-led advocacy group that works on behalf of cancer survivors and caregivers. Tools includes information on employment rights, self-advocacy, talking with your physician and staying hopeful.
- › **Triage Cancer** (424.258.4628) is a nonprofit that provides education and resources on the entire cancer survivorship journey. Many of their resources are also available in Spanish. There is no cost for these resources.

Classes for cancer survivors

Living Well Geneva and Warrenville locations offer classes for survivorship. Visit livingwellcrc.org to register for these classes.

Back-On-Track Surviving Survivorship

Open to patients and caregivers, this 7-week series aims to help you navigate common challenges as you transition into survivorship. We encourage you to attend every session, but it is not required.

- › Week One: Pressure to Thrive
- › Week Two: Discussion Group
- › Week Three: Managing Moods, Stress and Feeling Stuck
- › Week Four: Survivorship 101: Medical Discussion
- › Week Five: Discussion Group
- › Week Six: Fear of Recurrence
- › Week Seven: Envisioning Your Future

Being Well

Classes in the Being Well series are designed to guide patients in early survivorship to make positive choices and get back on track with their nutrition.

- › Week One: Moving Forward After a Cancer Diagnosis With Culinary Nutrition
- › Week Two: Mediterranean-Style Eating
- › Week Three: Eating Well for Survivorship – Maintaining a Healthy Weight
- › Week Four: Gut Health and the Microbiome
- › Week Five: Cooking for One or Two
- › Week Six: Culinary Completion – Hands-On Cooking

You can attend these classes virtually or in person at Living Well.



Wig resources

Living Well Wig Boutique and Beautiful You Workshops

For patients experiencing hair loss because of cancer treatments, Living Well offers both virtual and in-person wig consultations. Our wig specialists will help you choose a wig for no charge that fits your needs and lifestyle.

They also offer Beautiful You Workshops, which are designed to help you feel beautiful inside and out as you learn how to care for your scalp and hair regrowth. You also will learn how to accessorize with scarves and hats, and how to recreate natural-looking eyebrows with an eye pencil.

Email Jamie Ott, Living Well program coordinator, to schedule an appointment: info@livingwellcrc.org.

Additional wig resources

These organizations can help you find a wig that fits your needs. Make an appointment, and **ask your physician for an order** for “cranial prosthesis.” When you get your wig, you may have to pay the wig provider for the wig. They will give you a receipt for you to submit to your insurance plan. If your insurance plan covers cranial prosthesis, they may reimburse you.

Cancer Support Center Homewood

2028 Elm Road, Homewood
708.798.9171

Cancer Support Center Mokena

19645 South LaGrange Road, Mokena
708.478.3529

Wellness House

131 North County Line Road, Hinsdale
630.323.5150



Durable medical equipment

Durable medical equipment (DME) is special equipment that is:

- › Durable (can withstand repeated use)
- › Used for a medical reason
- › Typically only useful to someone who is sick or injured
- › Used in your home
- › Expected to last at least 3 years

Medicare coverage of DME

Medicare Part B (medical insurance) covers medically necessary DME if a Medicare-enrolled healthcare professional prescribes it.

[Learn more about Medicare coverage of DME.](#)

Community lending closets and DME donations

These organizations offer DME that you may borrow or keep. Types of equipment, their hours and the length of loan vary. Some locations will only loan to local residents. Please call ahead to check. You can also contact your local village hall or township office to ask about your local lending closet availability.

Palos Township

10802 South Roberts Road, Palos Hills
708.598.2441

Lemont Township

1115 Warner Avenue, Lemont
630.257.2522

Orland Township Nurses' Closet

708.403.4222

Bloom Township

425 South Halsted Street, Chicago
708.754.9400 (ext. 7270)

Troy Township

25448 Seil Road, Shorewood
815.744.1968



Financial resources

If you or family member has been diagnosed with cancer, the cost of care may be a concern. Because medical bills can add up quickly, get financial help soon after you or a loved one is diagnosed with cancer.

Social workers, case managers and clinicians can help or refer you to support services and financial resources. Although coping with financial responsibilities may sometimes seem overwhelming, do not let bills go unpaid.

Talk with your care team to see if there are diagnosis-specific resources available to you.

- › [Northwestern Medicine Financial Assistance](#) is for people who have trouble paying their Northwestern Medicine bills and who meet other criteria. Apply online at the link above or call 800.423.0523 or 312.926.9427 and ask for an application.
- › [Cancer Financial Assistance Coalition](#) has a database of financial resources you can search.
- › [CancerCare](#) provides some financial help for co-pays, transportation, home care and child care. It also provides a list of sources for financial help and a database of organizations that offer financial or practical help.
- › [Cancer Family Relief Fund](#) encourages and facilitates grants to children whose parent or guardian has been diagnosed with cancer. These grants support the children's extracurricular activities.
- › [Cancer Finances](#) has an online tool to guide you through key topics that may affect your financial situation. No matter where you are in your cancer journey, this site can help you navigate finances.
- › [HealthWell Foundation](#) is a nonprofit that helps patients with a long-term, life-altering disease afford their medications when health insurance is not enough.
- › [Blood Cancer United](#) provides financial help for treatment-related expenses. This support is for patients diagnosed with a blood cancer who have a significant financial need.

- › [The Patient Advocate Foundation](#) provides education, legal counseling and referrals for people with cancer who need help managing insurance, financial, debt crisis and job discrimination issues. For eligible patients, it also provides co-pay help and financial aid.
- › [Triage Cancer](#) is a nonprofit that provides cancer survivorship materials and resources.

Help with medication and treatment costs

- › [The Assistance Fund](#) provides financial support to patients with long-term health conditions with high-cost medications.
- › [Good Days](#) covers co-pays for people who have life-changing conditions.
- › [GoodRx](#) helps with information on lower-cost medications and pharmacies.
- › [Mark Cuban CostPlus Drug Company](#) offers hundreds of common medications often at the lowest possible prices.
- › [NeedyMeds](#) helps people find programs to help them afford medications and other healthcare costs.
- › [Partnership for Prescription Assistance](#) helps certain patients who do not have prescription drug coverage get the medications they need.



- › [The Patient Access Network Foundation](#) helps patients with out-of-pocket costs related to their treatment.
- › [Patient Services, Inc.](#) offers help with insurance premiums and co-pays for people with long-term diseases.
- › [RxHope.com](#) helps patients get prescription medications for lower costs or no cost.



Food assistance

Illinois Department of Human Services SNAP Program

Gives Illinois Link cards to eligible people who live in Illinois so they can buy groceries from participating stores. You can contact their outreach team at 844.600.SNAP (7627) or snap@northernilfoodbank.org.

Northern Illinois Food Bank

Works with more than 900 food pantries, mobile food truck markets and soup kitchens.

› Visit [this website](#) to find food pantries near you.

South Suburban Center

171 South Larkin Avenue, Joliet
815.846.1041

Orland Township Food Pantry

14807 South Ravinia Avenue (township office)
708.403.4222

Greater Chicago Food Depository

www.chicagosfoodbank.org
773.247.3663

Meals on Wheels

› **Pathlights**

7808 W. College Drive #5E
Palos Heights
708.361.0219

› **Catholic Charities of the Diocese of Joliet, Inc.**

100 College Drive
Kankakee
815.933.7791

› **Senior Services Center of Will County, Inc.**

251 North Center Street
Joliet
815.740.4225

› **The Catholic Charities of the Archdiocese of Chicago-South Suburban Senior Services**

15300 South Lexington Avenue
Harvey
708.596.2222

Mom's Meals

Accepts Medicare Advantage and Medicaid, and it provides medically tailored meals.

My Pantry Express

An online food pantry with options for local pickup or delivery.



Transportation services

[American Cancer Society Road to Recovery](#)

This program provides transportation to and from treatment for people with cancer who do not have a ride or who cannot drive themselves.

Depending on your needs and what is available in your area, we may be able to coordinate a ride with an American Cancer Society volunteer driver.

You must be traveling to a cancer-related medical appointment. You may also have to meet other eligibility requirements. For example, a caregiver may need to accompany a patient who cannot walk without help or is under age 18. Call us to find out what is available in your area and what the specific requirements are.

It can take several days to coordinate your ride, so please call 800.227.2345 well before the day of your visit.

Dial a Ride

Dial a Ride is a shared public paratransit service for eligible seniors (age 65 or older), people with disabilities and those with low income who qualify for the service. A rider may be riding with other individuals at any given time. Other stops may be scheduled during transit to a rider's destination. The trip length and time may be longer than direct travel based upon routing.

- › Orland Park Township: 708.403.4222
- › Worth Township: 708.972.7075
- › Bloom Township: 708.754.9400 or 708.754.8200
- › Crete Township: 708.672.8279
- › Lemont Township: 630.257.2522
- › Palos Township: 708.430.3822
- › Village of Park Forest: 708.748.4433
- › Rich Township: 708.748.6727

Tinley Park Senior Transportation

Will come to Orland Park clinic.
708.532.7433

Will Ride-PACE

Services anywhere within the borders of the 7 townships of eastern Will County and any location within a 10-mile radius of the borders.
800.244.4410

ADA Paratransit Pace Bus

RTA mobility helpline.
312.663.4357





Government insurance assistance

[Triage Cancer](#) offers resources to better understand government insurance programs.

Social Security offices

For more information on these programs or to start applying for Medicare, Social Security and disability insurance, you can contact these Social Security offices.

- › 10718 South Roberts Road, Palos Hills
800.772.1213
- › 15401 South 94th Avenue, Orland Park,
877.490.9530
- › 104 South Halsted Street, Chicago Heights
877.274.5413
- › 552 Houbolt Road, Joliet
866.783.7302

Public aid offices

For more information or to apply for cash assistance, SNAP, medical assistance and Medicaid, you can contact an Illinois Department of Human Services Family Community Resource Center.

To find a location near you, visit dhs.state.il.us or call the toll-free line at **833.2.FIND.HELP (833.234.6343)**.

To find a location near you: ssa.gov/locator



Support to help you stop smoking

[American Lung Association Freedom From Smoking® Lung Helpline](#)

Certified counselors from the American Lung Association can help you decide if you are ready to quit and the best options for you.

[Centers for Disease Control and Prevention \(CDC\)](#)

Learn more about strategies for quitting and reasons to quit.

Call 800.QUITNOW (800.784.8669).

To get support over the phone through messaging support services, text QUITNOW to 333888.

[Illinois Tobacco Quitline](#)

Speak with a professional quit smoking coach who will help you create a plan that can work for you. Your coach can also help you get medications to quit smoking.

Call 866.QUITYES (866.784.8937).

[Lurie Cancer Center Tobacco Cessation Program](#)

Our services can be scheduled to coordinate with your appointments for cancer treatment, and are available to Lurie Cancer Center patients free of charge, including:

- › In-person counseling and behavioral therapy with our tobacco treatment specialists
- › Telephone counseling
- › Medications to help you quit smoking (often covered by insurance)
- › Smartphone Apps and other phone-based resources

To schedule a consultation with one of our tobacco treatment specialists please email us at LurieTobaccoCessation@nm.org.

[Nicotine Anonymous](#)

Join an in-person or online support group to help you stay tobacco-free.

[Smokefree.gov](#)

This site has tools and tips to learn about ways to help you quit and how to use them. It includes smoke-free apps and social media sites.



Resources for caregivers

Caregiver Resource Center at Northwestern Medicine Palos Hospital

Guidance, information and support for those who are caring for a loved one. Located off the main lobby of the hospital, the center is open Monday through Friday from 9 am to 1 pm.

[The American Cancer Society Caregiver Resource Guide](#)

A guide for people who are caring for someone with cancer. It can help you:

- › Learn how to care for yourself as a caregiver
- › Better understand what your loved one is going through
- › Develop skills for coping and caring
- › Protect your health and well-being

[Cancer Support Community](#)

Provides an online webinar series on becoming a caregiver.

[Caregiver Action Network \(CAN\)](#)

Works to improve the quality of life for people who care for loved ones with long-term conditions, disabilities or disease or who are older adults.

The Caregiver's Companion

Provides support and resources for caregivers.

[The Caregiver Space](#)

Provides a community of caregivers. It is a place to ask questions, share experiences and get answers.

Caring Community

An online resource for people planning for or living with a person with a serious illness and end-of-life issues.

[Colorectal Cancer Alliance](#)

A collection of caregiver resources on:

- › Organizational and practical concerns
- › Communication
- › Finances and work
- › Emotional well-being, stress and burnout
- › Physical well-being
- › Grief

[Eldercare Locator](#)

A list of resources that provide information and support for older adults and caregivers.

[The Family Caregiver Alliance](#)

Offers caregiver resources.

[HelpGuide](#)

A nonprofit that provides information on many areas, such as:

- › Family caregiving
- › Caregiver stress and burn out
- › Respite care
- › End-of-life care

[Blood Cancer United Caregiver Resources](#)

A guide for caregivers of people with leukemia and lymphoma.

[Lotsa Helping Hands](#)

Can help you coordinate meals and help for friends and family.

[National Alliance for Caregiving](#)

A nonprofit coalition of national organizations.

[Imerman Angels](#)

Imerman Angels provides mentorship in caregiving by matching you with a volunteer who has been a caregiver.

866.463.7626



Northwestern Medicine Cancer Care Network

At Northwestern Medicine, we are committed to delivering comprehensive care and support for patients with cancer and for their families. Learn more about our locations and services.

Robert H. Lurie Comprehensive Cancer Center of Northwestern University

675 North St. Clair Street, 21st Floor, Suite 100
Chicago, Illinois 60611
866.587.4322

Maggie Daley Center for Women's Cancer Care in Northwestern Medicine Prentice Women's Hospital

250 East Superior Street, 4th Floor
Chicago, Illinois 60611
866.587.4322

Northwestern Medicine Cancer Center Delnor

304 Randall Road
Geneva, Illinois 60134
630.232.0610

Northwestern Medicine Cancer Center Warrenville

4405 Weaver Parkway
Warrenville, Illinois 60555
630.352.5450

Northwestern Medicine Proton Center

4455 Weaver Parkway
Warrenville, Illinois 60555
877.887.5807

Northwestern Medicine Living Well Cancer Resources Geneva

442 Williamsburg Avenue
Geneva, Illinois 60134
630.933.7860

Northwestern Medicine Living Well Cancer Resources Warrenville

4525 Weaver Parkway, Suite 103
Warrenville, Illinois 60555
331.732.4900

Northwestern Medicine Catherine Gratz Griffin Lake Forest Hospital Cancer Center

1000 North Westmoreland Road, North Entrance
Lake Forest, Illinois 60045
847.582.2134

Northwestern Medicine Cancer Center Glenview

2701 Patriot Boulevard
Glenview, Illinois 60026
847.582.2134

Northwestern Medicine Cancer Center Grayslake

1475 East Belvidere Road, Pavilion A, First Floor
Grayslake, Illinois 60030
847.582.2134

**Northwestern Medicine Kishwaukee Hospital
Cancer Center**

10 Health Services Drive
DeKalb, Illinois 60115
815.756.5255

**Northwestern Medicine Valley West Hospital
Cancer Center**

1310 North Main Street, Suite 201
Sandwich, Illinois 60548
815.786.9197

**Northwestern Medicine McHenry Hospital
Cancer Center**

4305 Medical Center Drive
McHenry, Illinois 60050
815.344.8000

Northwestern Medicine St. George Cancer Institute

15300 West Avenue, Suite 108
Orland Park, Illinois 60462
708.226.2318

Northwestern Medicine Oak Brook Cancer Center

1001 Commerce Drive
Oak Brook, Illinois 60523
331.732.4490

TTY for all locations: 711



Northwestern Medicine St. George Cancer Institute

15300 West Avenue, Suite 108

Orland Park, Illinois 60462

708.226.2318

TTY for those who are deaf or hard of hearing: 711

nm.org



For healthcare information at your fingertips,
download the MyNM® app today.

