

AYA COMMUNITY RESOURCE PACKET

Updated August 2020

INTRODUCTION

Adolescents and young adults (AYAs) are patients between the ages of 15-39 who have been diagnosed with cancer. A cancer diagnosis presents different challenges for teens and young adults than for younger children or older adults. Cancer can disrupt big milestones that commonly happen during this age range like completing school, choosing a career path, building personal relationships, raising a family, and working toward emotional, social, and financial independence.

We realize that having cancer is overwhelming so we created this guide to help you access valuable resources and support. Please speak with your Patient Navigator about additional resources and support.



HIAYA SOCIAL MEDIA

Connect with others! Find us on Instagram and Twitter at @HIAYAcancer. On Facebook, search "HIAYA Cancer Group".



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VISIT OUR
WEBSITE:



www.huntsmancancer.org/hiaya
www.intermountainhealthcare.org/hiaya

Intermountain
Cancer Center

Intermountain
Primary Children's Hospital

HUNTSMAN
CANCER INSTITUTE
UNIVERSITY OF UTAH

U HEALTH
UNIVERSITY OF UTAH

SOCIAL SUPPORT RESOURCES

HIAYA YOUNG ADULT CONNECTIONS



Join us for a casual and fun monthly group (every 3rd Thursday) dedicated to young adults ages 18-39 who have had a cancer diagnosis. Meet other locals who “get it”. Our hope is to help you feel a little less alone and more connected. Guests welcome! Events are announced on [HIAYA social media](#).

STUPID CANCER

Resources, webinars, and weekly digital meetups for teens and young adults with cancer. CancerCon is their annual national conference for patients and caregivers.

www.stupidcancer.org



ELEPHANTS & TEA

National AYA cancer community, quarterly magazine, blog, and other resources.

www.elephantsandtea.com



LACUNA LOFT

Online wellness support resources, digital events (workshops, book clubs, game nights, etc.), and a peer support community for young adult cancer patients/survivors and caregivers.

www.lacunaloft.org

GRYT HEALTH

Mobile app-based social community founded by cancer survivors and caregivers. Annual summit for survivors.

www.grythealth.com



CANCER DUDES

Education, resources, and peer support community support to help young men to successfully thrive after cancer.

www.cancerdudes.org



TEEN CANCER AMERICA

Resources, webinars, YouTube videos, patient stories, game nights, and more for teens and young adults with cancer.

www.teencanceramerica.org



IMERMAN
ANGELS

IMERMAN ANGELS

Connects current patients to mentors who have had cancer. English and Spanish mentors available.

www.imermanangels.org



CANCER SUPPORT COMMUNITY

Virtual support community for cancer patients.

www.cancersupportcommunity.org/virtual-programs

CANCER HOPE NETWORK

Matching with other patients, survivors, and caregivers

www.cancerhopenetwork.org



CANCER CARE

Online and phone counseling and support groups for young adults. Spanish available.

www.cancercare.org/young_adults



MEND TOGETHER

Platform with a community journal, volunteer calendar, and cancer gift registry. Use code AYA\$100 when creating a registry for site credit. Mend Together will also donate to the Huntsman Cancer Foundation and Intermountain Foundation.

www.mendtogether.com

The logo for mend together is set against a light beige background. The words "mend together" are written in a gold-colored script font. Below them, the tagline "We pick up where doctors leave off" is written in a smaller, dark blue sans-serif font.

mend together
We pick up where doctors leave off

**national *lgbt* cancer
project**

Our community,
fighting cancer, together.

LGBT CANCER PROJECT

Peer to peer support, patient navigation, education and advocacy for Lesbian, Gay, Bisexual and Transgender cancer survivors.

www.lgbtcancer.org

FINANCIAL, LEGAL, & INSURANCE RESOURCES

TRIAGE CANCER

Provides education on the practical and legal issues that may impact individuals diagnosed with cancer and their caregivers, through events, materials, and resources.

www.triagecancer.org



CANCER FINANCES

Toolkit for navigating finances after a cancer diagnosis.

www.cancerfinances.org



THE SAMFUND

Grants, resources, and financial education for young adult cancer survivors.

www.thesamfund.org



HEALTHWELL FOUNDATION

Financial assistance through grants to help with copays, premiums, deductibles, and other out of pocket expenses. Specific disease funds open throughout the year.

www.healthwellfoundation.org

CANCER LEGAL RESOURCE CENTER

Education and assistance on legal matters related to cancer

www.cancerlegalresources.org



NATIONAL CANCER LEGAL SERVICES NETWORK

Resources about legal services for people living with cancer. Also check with your state for resources.

www.nclsn.org



NEEDS BEYOND MEDICINE

Financial grants for cancer patients who are Utah residents.

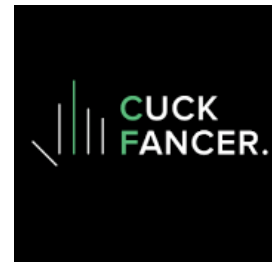
www.needsbeyondmedicine.org



CUCK FANCER

Financial grants for AYA cancer patients.

www.cuckfancer.org



DAM-CANCER FOUNDATION

Financial grants for young adult cancer patients.

www.dam-cancer.org/requesting-assistance/



TAKE CARE UTAH

Help applying for health insurance from a trained assistor.

www.takecareutah.org

UNITED WAY (2-1-1)

Call 2-1-1 to be connected to sources of local assistance for essential needs and more. Available in every state.

www.211.org

www.unitedway.org



CAREER AND SCHOOL RESOURCES

Follow [HIAYA social media](#) for updates about other upcoming scholarship opportunities, or ask your AYA Patient Navigator.

ULMAN CANCER FOUNDATION

Scholarships, support, and information for young adults with cancer.

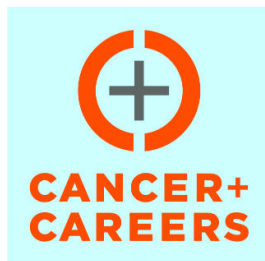
www.ulmanfoundation.org



CANCER FOR COLLEGE

Need-based college scholarships for cancer survivors.

www.cancerforcollege.org



CANCER + CAREERS

Advice, education, and tools to help you thrive in the workplace after a cancer diagnosis. Free resume review service.

www.cancerandcareers.org



JOB ACCOMMODATION NETWORK

Information about workplace accommodations.

www.askjan.org

FERTILITY & FAMILY-BUILDING RESOURCES

LIVESTRONG FERTILITY PROGRAM

Financial assistance and information for fertility preservation
www.livestrong.org/what-we-do/program/fertility



TEAM MAGGIE FOR A CURE

Financial assistance for fertility preservation.
www.teammaggieforacure.org



ONCOFERTILITY CONSORTIUM

Information about fertility preservation, a hotline, and online fertility navigator
www.oncofertility.northwestern.edu/for-patients

SAVEMYFERTILITY

SAVE MY FERTILITY

Online toolkit for cancer patients and their providers about fertility.
www.savemyfertility.org

ALLIANCE FOR FERTILITY PRESERVATION

Help finding fertility preservation services and options in your area.
www.allianceforfertilitypreservation.org



FERTILE ACTION

Fertility and cancer information.
www.fertileaction.org



CANCER INFORMATION AND HEALTH EDUCATION

HUNTSMAN CANCER INSTITUTE'S CANCER LEARNING CENTER

Free source for cancer information.

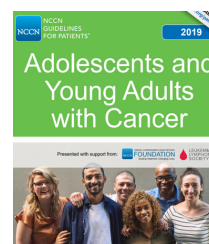
www.huntsmancancer.org/clc



NATIONAL COMPREHENSIVE CANCER NETWORK

Patient-friendly quick guide packets.

www.nccn.org/patients/guidelines/cancers



AMERICAN CANCER SOCIETY

Cancer information and resources.

www.cancer.org



NATIONAL CANCER INSTITUTE

Cancer and clinical trials information.

www.cancer.gov



NATIONAL
CANCER
INSTITUTE

RECREATION

FIRST DESCENTS

Provides life-changing outdoor adventures for young adults (ages 18 - 39) impacted by cancer
www.firstdescents.org



EPIC EXPERIENCE

Provides free adventures in the Colorado Rockies for adult cancer survivors (over age 18) to help survivors live beyond cancer.
www.epicexperience.org



CAMP MAK-A-DREAM

Camp experiences for all ages full of activities and education to help patients understand and cope with cancer.
www.campdream.org



TRUE NORTH TREKS

Takes young adults and caregivers on free backpacking and canoeing treks where they can connect with nature, peers, and themselves.
www.truenorthtreks.org

PROJECT KORU

Enriches lives through community and the outdoors as a way to move forward after cancer.
www.projectkoru.org



CAMP HOBE

Psychosocial support program in UT for children up to age 18 being treated for cancer and their families. Teen week available.

www.camphobekids.org



DREAM STREET FOUNDATION

Camping programs in AZ for children and young adults with chronic and life threatening illnesses.

www.dreamstreetfoundation.org



STILL WATERS RETREAT

Faith-based retreat in CA for young adult cancer patients, survivors, and caregivers.

www.stillwaterscancerretreat.org

SEND IT FOUNDATION

Outdoor adventures for young adult (ages 21-40) cancer fighters and survivors.

www.senditfoundation.org

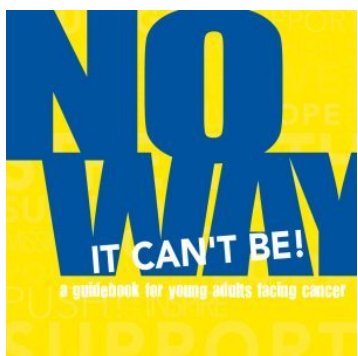


GUIDEBOOKS & OTHER RESOURCES

RESOURCE GUIDE

The Huntsman Cancer Institute's Cancer Learning Center provides many free services and cancer information. Check out the online Resource Guide.

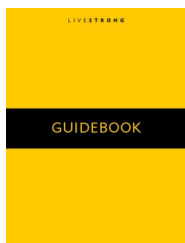
www.huntsmancancer.org/clc



NO WAY, IT CAN'T BE! GUIDEBOOK

This guidebook from the Ulman Cancer Foundation is a resource for young adults dealing with cancer, from the initial diagnosis through long-term survivorship. Free online, downloadable copy available.

www.ulmanfoundation.org/ucfguidebook/



LIVESTRONG GUIDEBOOK AND BROCHURES

Information to help navigate the complex issues associated with cancer. Culturally sensitive brochures available in different languages.

www.livestrong.org/what-we-do/program/livestrong-guidebook

www.livestrong.org/what-we-do/living-after-cancer-treatment-brochure



QUESTIONS?

Contact your AYA patient navigator:

Intermountain: aya@imail.org or (801) 507-3889

Huntsman Cancer Institute: aya@hci.utah.edu or (801) 585-9669

