

AYA COMMUNITY RESOURCE PACKET

Updated August 2021

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 at **@HIAYAcancer**. On Facebook, search "**HIAYA Cancer Group**".



TABLE OF CONTENTS

Social support resources	2
Financial, legal, and insurance resources	5
Career and school resources	7
Fertility and family building resources	8
Cancer information and health education	9
Recreation	10
Guidebooks and other resources	12

VISIT OUR WEBSITE:



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



SOCIAL SUPPORT RESOURCES

HIAYA YOUNG ADULT CONNECTIONS



A casual and fun monthly group (Meets twice a month) dedicated to young adults ages 18-39 who have had a cancer diagnosis. Meet other locals who “get it”. The hope for this group is to help AYAs feel a little less alone and more connected. Guests welcome! Check on [HIAYA social media](#) for times and locations.

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



CACTUS CANCER SOCIETY

FORMERLY LACUNA LOFT

a nonprofit providing online support & programs for creative coping to young adult cancer patients, survivors, & caregivers.

www.cactuscancer.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 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. Available in 40 Languages.

www.imermanangels.org



CANCER SUPPORT
COMMUNITY.

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

CancerCare provides free, professional support services for young adults affected by cancer, as well as cancer information and additional resources.

www.cancercares.org/young_adults



CANCER*care*[®]

ESCAPE

Creating an escape for LGBTQIA+ adolescents and young adults experiencing cancer.

www.escapeayac.org



**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, AND INSURANCE RESOURCES

TRIAGE CANCER

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

support for young adult cancer survivors

THE SAMFUND

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

www.thesamfund.org



HEALTHWELL
FOUNDATION®

When health insurance is not enough.®

HEALTHWELL FOUNDATION

Financial assistance through grants to help with copays, premiums, deductibles, and other out-of-pocket expenses.

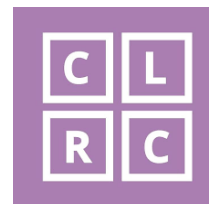
Specific disease funds open throughout the year.

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



NEEDYMEDS

Find help for the cost of Medicine
www.needymeds.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 [HIAAYA 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.

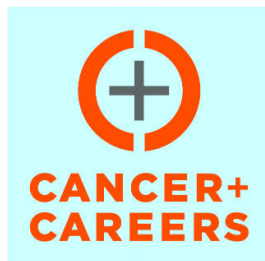
www.ulmanfoundation.org



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 AND 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.teammaggieforcure.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



HUNTSMAN CANCER INSTITUTE'S CANCER LEARNING CENTER

Free source for cancer information.

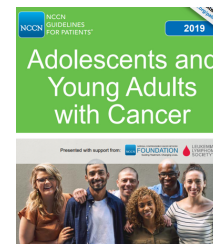
www.huntsmancancer.org/clc



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



RECREATION

FIRST DESCENTS

Life-changing outdoor adventures for young adults (ages 18-39) impacted by cancer.

www.firstdescents.org



EPIC EXPERIENCE

Free adventures in the Colorado Rockies for adult cancer survivors (over age 18) to help them 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 HOBÉ

Psychosocial support program in Utah for children up to age 18 being treated for cancer and their siblings. Teen week available.
www.camphobekids.org



DREAM STREET FOUNDATION

Camping programs in Arizona for children and young adults with chronic and life-threatening illnesses.
www.dreamstreetfoundation.org



STILL WATERS RETREAT

Faith-based retreat in California 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



CAMP KESEM

A child's friend through and beyond a parents cancer. Kesem is the largest national organization dedicated to supporting children impacted by a parent's cancer, at no cost to families.
www.campkesem.org

GUIDEBOOKS AND OTHER RESOURCES

RESOURCE GUIDE

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


www.huntsmancancer.org/clc

 Appearance

 Español

 Information

 Scholarships

 Screenings

 Support Services
In person, online

 Housing
Utilities, lodging,
home health

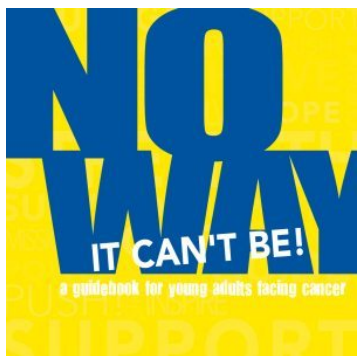
 Legal Help
Insurance

 Medical Care
Prescriptions,
supplies, treatments

 Social Media

 Transportation

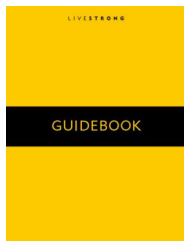
 Wish Granting



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:

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

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

