Patient Resource Assistance (PRA)
Support for Teens and Young Adults Cancer

The purpose of this PRA is to help cancer patients and their family locate reliable sources of cancer information, including the area of emotional support.

This list is not meant to be comprehensive, but rather to provide a quick reference of available resources at Beaumont and in the community.

Beaumont Cancer Resource Centers

The Cancer Resource Centers provide patients and their family education, guidance and support to help optimize their cancer treatment and survivorship. Oncology nurse navigators, lending library, brochures and resource center assistance is available.

Rose Cancer Resource Center – Royal Oak (248) 551-1339
Wilson Cancer Resource Center - Troy (248) 964-3430
Grosse Pointe patients call Royal Oak (248) 551-1339

Resource Center hours: Monday through Friday from 8:00 a.m. – 4:15 p.m. Call one of our resource centers to learn about the lending libraries and support information.

Support for teens and young adults web information

National Cancer Institute:
Adolescents and Young Adults with Cancer
  o http://www.cancer.gov/types/aya
When your brother or sister has cancer: a guide for teens

Cancer Care
Adolescents and Young Adults with Cancer
  o https://www.cancercare.org/tagged/adolescents_and_young_adults

National Comprehensive Cancer Network (NCCN)
NCCN Guidelines for Patients
  o https://www.nccn.org/patients/guidelines/cancers.aspx
  Click on view all cancer types

Beaumont Cancer Resource Centers

Notice
This material is intended to provide general information. Some material may contain information that is the opinion of the author and not necessarily that of your physician. This material does not represent all that is available on the subject and may not apply specifically to your condition. This material should be used to formulate questions for discussion with your physician or other health care professional.
Support material

Please call the Rose or Wilson Cancer Resource Center for brochures and a list of available support material from our lending libraries. Grosse Pointe patients can request booklets from the Rose Cancer Center and most items can be mailed. The Grosse Pointe hospital has partnered with the Grosse Pointe Library for books.

Books

*For parents*
- Living with childhood cancer: a practical guide to help families cope (2010)
- What about me? When brothers and sisters get sick (1992)

*For teens and young adults*
- Childhood cancer survivors: a practical guide to your future (2012)
- Living with cancer: the ultimate teen guide (2011)

Support

**Beaumont Health System Support/Resources**

Cancer Resource Centers
https://www.beaumont.org/services/oncology/centersclinics-and-locations/cancer-resource-centers
- Rose Cancer Center 248-551-1339
- Wilson Cancer Center 248-964-3430

Medical Oncology Social Work
https://www.beaumont.org/services/oncology/classes-support-resources/counselingsocial-work
- Royal Oak 248-551-5255
- Troy 248-964-3430

Social workers help patients, family and friends find support to manage the day-to-day challenges of living with cancer.

Nutrition for the Cancer Patient
- Royal Oak 248-551-1325
- Troy 248-964-3430
- Grosse Pointe 313-473-2097

As part of its community service to patients, Beaumont Cancer Institute offers individualized nutrition counseling. A dietitian is available to assist patients in optimizing their health through diet therapy.

Spiritual Care
http://www.beaumont.edu/centers-services/spiritual-care-pastoral-care/

Beaumont chaplains are professionally trained to provide spiritual & emotional care to patients & families dealing with a stressful situation.

Beaumont Cancer Resource Centers
Integrative Medicine
https://www.beaumont.org/services/integrative-medicine
248-964-9200
Programs are offered by highly skilled & specially trained practitioners who understand the unique needs of patients. Services are safe & do not interfere with medical treatment.

Look Good…Feel Better (for women only) Pre-registration required
http://lookgoodfeelbetter.org/programs/women/
Royal Oak 248-551-1339
Second Monday of the month 4:30-6:30 pm
Troy 248-964-3430
Second Monday of the month 10-12 noon
Grosse Pointe
Call 313-473-2097 for dates and times
This program provides information and cosmetic advice to women battling cancer. The training includes hands-on instruction on makeup, skin care, and suggestions for using wigs, turbans, and scarves.

Clinical Trials
https://www.beaumont.org/clinical-trials
248-551-7835
Since 1999, the Cancer Clinical Trials Office (CCTO) at Beaumont Hospitals has offered personalized service to those seeking care through clinical trials.

Cancer Genetics
https://www.beaumont.org/services/oncology/genetics-programs
248-551-3388
The program’s goal is to provide patients with the most up-to-date guidelines for cancer screening and treatment. It is important to identify families with a hereditary susceptibility to cancer because in many cases, they may take steps to reduce their risk or prevent cancer from occurring.

Physical Therapy and Occupational Therapy
https://www.beaumont.org/services/rehabilitation
Royal Oak 248-655-5695
Troy 248-964-0700
Grosse Pointe 586-447-4070
Rehabilitation services’ physical therapists and occupational therapists are cancer specialists who help to prevent and treat issues related to cancer, including weakness, fatigue and pain, lymphedema swelling and returning to daily activities in a safe, healthy manner. Therapists will also work with you to gain fitness and return to your preferred recreational activities.

Living With Ease after Cancer
Beaumont Center for Mindfulness
https://www.beaumont.org/services/center-for-mindfulness
947-522-1674
Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally. Mindfulness training has been shown to positively impact overall well-being, mental health and physical health. Additional information on the website or call the office.

Survivorship Program
https://www.beaumont.org/services/oncology/classes-support-resources/survivorship-program
Royal Oak 248-551-1339
Troy 248-964-3430
Grosse Pointe 586-447-4070
The Cancer Survivorship Program brings together patients and health care providers to promote optimized health and healing of the mind, body and spirit, through integrative practices and education before, during and after treatment.

Other Support Resources
Gilda’s Club
www.gildasclubdetroit.org
248-577-0800
3517 Rochester Road, Royal Oak, MI 48073
Gilda’s Club offers specific program activities for children and teens living with cancer, or who have lost a parent or family member to cancer. Monthly social activities, family dinner and family fun nights are also offered. Participants must attend a new member meeting before beginning. Call Gilda’s Club for additional details.

The Lake House
http://milakehouse.org/
586-777-7761
23500 Pare St.
St. Clair Shores, MI 48080
The Lake House welcomes and encourages all who are touched by cancer to benefit from our free cancer support groups, one-on-one cancer support consultations and guidance, health and wellness talks and activities, stress management activities, and social events.
**Telephone Support**

Imerman Angels  
http://www.imermanangels.org  
877-274-5529  
Imerman Angels partners a person fighting cancer with someone who has beaten the same type of cancer.

Cancer Hope Network  
https://www.cancerhopenetwork.org/  
800-552-4368  
The program is available to all cancer patients, and will match you with a survivor of the same or similar type & stage of cancer.

**Online Resources**

Cancer Care  
Young Adult Caregiver Support Group  
https://www.cancercare.org/support_groups/38-young_adult_caregiver_support_group  
This 15 week online support group is for **people ages 20-39 who have a loved one diagnosed with cancer**. In this group led by an oncology social worker, caregivers provide support to each other and share resources and information.

Cancer Care  
Young Adult Caregiver — Spouses/Partners Support Group  
https://www.cancercare.org/support_groups/54-young_adult_caregiver_spouses_partners_support_group  
This 15 week online support group is for **people ages 20-39 who have a spouse or partner diagnosed with cancer**.

Planet Cancer  
http://myplanet.planetcancer.org/  
For teens to 35 years of age, social logs and chat forums.

I'm Too Young for This  
http://www.stupidcancer.org/  
I'm Too Young for This! Cancer Foundation is the nation's largest support community for young adults affected by cancer (15-40) and serves as a bullhorn for the young adult cancer movement. I'm Too Young for This Cancer Foundation builds online and offline support communities nationwide.
Hats Off For Cancer  
www.hatsoffforcancer.org/  
This organization gets hats from celebrities, corporations, and civic groups. The hats are given to kids with cancer who have lost their hair.

Teens Living with Cancer  
http://13thirty.org/  
Provides facts about cancer and tips for coping and healthy living. Teens connect with one another via discussion boards and connection stories.

Young Cancer Spouses  
https://www.uacommunitycancerconnections.org/content/young-cancer-spouses  
Bring together spouses of adults with cancer to share information, support and experiences. This website offers tips for caregivers, opportunities to share stories and message boards for networking.

Caregivers Resources

Caregiver Action Network  
http://caregiveraction.org/  
202-454-3970
General E-mail: info@caregiveraction.org  
CAN (formerly the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

Mobile “Apps”

Cancer .Net  
http://www.cancer.net/multimedia/mobile-applications  
Cancer.net Mobile is a free app for iOS (iPhone, iPad) and Android and features: Guides on 120 types of cancer, an interactive tool to keep track of questions to ask healthcare providers and record voice answers.

Communication websites for patients

Caring Bridge  
www.caringbridge.org  
Free, personal and private websites that connect people experiencing a significant health challenge to family and friends.
My Lifeline
http://www.mylifeline.org/index.cfm
MyLifeLine.org is a 501(c) (3) nonprofit organization that encourages cancer patients and caregivers to create free, customized websites. Patients build an online support community.

Organizations/Websites

American Cancer Society
www.cancer.org
800-227-2345

National Cancer Institute (NCI)
www.cancer.gov
800-4-CANCER

Navigating Cancer
www.navigatingcancer.com

Oncolink
http://www.oncolink.org

American Society of Clinical Oncology (ASCO)
https://www.asco.org/
888-282-2552

National Coalition for Cancer Survivorship (NCCS)
www.canceradvocacy.org
888-650-9127

Cancer Support Community
https://www.cancersupportcommunity.org/

Dana-Farber Cancer Institute (Nutrition information)
https://www.dana-farber.org/health-library/recipes/

Look Good...Feel Better Teens
http://lookgoodfeelbetter.org/programs/teens/
Website helps teens deal with appearance, health, & social side effects of cancer treatment.

Notice
Support group information provided as information only. Beaumont Health System only endorses support groups located at Beaumont. Dates and times are subject to change. Call support group for additional information before attending.
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