

# 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**".



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VISIT OUR WEBSITE:



[www.intermountainhealthcare.org/hiaya](http://www.intermountainhealthcare.org/hiaya)  
[www.huntsmancancer.org/hiaya](http://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](http://www.stupidcancer.org)



## ELEPHANTS & TEA

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

[www.elephantsandtea.com](http://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](http://www.cactuscancer.org)

## GRYT HEALTH

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

[www.grythealth.com](http://www.grythealth.com)



## CANCER DUDES

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

[www.cancerdudes.org](http://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](http://www.teencanceramerica.org)



IMERMAN  
ANGELS

## IMERMAN ANGELS

Connects current patients to mentors who have had cancer. Available in 40 Languages.

[www.imermanangels.org](http://www.imermanangels.org)



CANCER SUPPORT  
COMMUNITY.

## CANCER SUPPORT COMMUNITY

Virtual support community for cancer patients.

[www.cancersupportcommunity.org/virtual-programs](http://www.cancersupportcommunity.org/virtual-programs)

## CANCER HOPE NETWORK

Matching with other patients, survivors, and caregivers.

[www.cancerhopenetwork.org](http://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](http://www.cancercares.org/young_adults)



## ESCAPE

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

[www.escapeayac.org](http://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](http://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](http://www.triagecancer.org)



## CANCER FINANCES

Toolkit for navigating finances after a cancer diagnosis.

[www.cancerfinances.org](http://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](http://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.

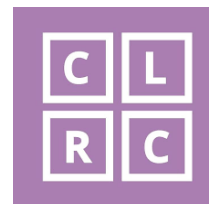
Specific disease funds open throughout the year.

[www.healthwellfoundation.org](http://www.healthwellfoundation.org)

## CANCER LEGAL RESOURCE CENTER

Education and assistance on legal matters related to cancer.

[www.cancerlegalresources.org](http://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](http://www.nclsn.org)



## NEEDS BEYOND MEDICINE

Financial grants for cancer patients who are Utah residents.  
[www.needsbeyondmedicine.org](http://www.needsbeyondmedicine.org)



## NEEDYMEDS

Find help for the cost of Medicine  
[www.needymeds.org](http://www.needymeds.org)



## DAM-CANCER FOUNDATION

Financial grants for young adult cancer patients.  
[www.dam-cancer.org/requesting-assistance/](http://www.dam-cancer.org/requesting-assistance/)



## TAKE CARE UTAH

Help applying for health insurance from a trained assistor.  
[www.takecareutah.org](http://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](http://www.211.org)  
[www.unitedway.org](http://www.unitedway.org)



# CAREER AND SCHOOL RESOURCES

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

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## ULMAN CANCER FOUNDATION

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

[www.ulmanfoundation.org](http://www.ulmanfoundation.org)



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## CANCER FOR COLLEGE

Need-based college scholarships for cancer survivors.

[www.cancerforcollege.org](http://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](http://www.cancerandcareers.org)



## JOB ACCOMMODATION NETWORK

Information about workplace accommodations.

[www.askjan.org](http://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](http://www.livestrong.org/what-we-do/program/fertility)



## TEAM MAGGIE FOR A CURE

Financial assistance for fertility preservation.  
[www.teammaggieforcure.org](http://www.teammaggieforcure.org)



## ONCOFERTILITY CONSORTIUM

Information about fertility preservation, a hotline, and online fertility navigator.  
[www.oncofertility.northwestern.edu/for-patients](http://www.oncofertility.northwestern.edu/for-patients)

## SAVEMYFERTILITY

## SAVE MY FERTILITY

Online toolkit for cancer patients and their providers about fertility.  
[www.savemyfertility.org](http://www.savemyfertility.org)

## ALLIANCE FOR FERTILITY PRESERVATION

Help finding fertility preservation services and options in your area.  
[www.allianceforfertilitypreservation.org](http://www.allianceforfertilitypreservation.org)



## FERTILE ACTION

Fertility and cancer information.  
[www.fertileaction.org](http://www.fertileaction.org)





## HUNTSMAN CANCER INSTITUTE'S CANCER LEARNING CENTER

Free source for cancer information.  
[www.huntsmancancer.org/clc](http://www.huntsmancancer.org/clc)



## NATIONAL COMPREHENSIVE CANCER NETWORK

Patient-friendly quick guide packets.  
[www.nccn.org/patients/guidelines/cancers](http://www.nccn.org/patients/guidelines/cancers)



## AMERICAN CANCER SOCIETY

Cancer information and resources.  
[www.cancer.org](http://www.cancer.org)



## NATIONAL CANCER INSTITUTE

Cancer and clinical trials information.  
[www.cancer.gov](http://www.cancer.gov)



# RECREATION

## FIRST DESCENTS

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

[www.firstdescents.org](http://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](http://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](http://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](http://www.truenorthtreks.org)

## PROJECT KORU

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

[www.projectkoru.org](http://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](http://www.camphobekids.org)



## DREAM STREET FOUNDATION

Camping programs in Arizona for children and young adults with chronic and life-threatening illnesses.  
[www.dreamstreetfoundation.org](http://www.dreamstreetfoundation.org)



## STILL WATERS RETREAT

Faith-based retreat in California for young adult cancer patients, survivors, and caregivers.  
[www.stillwaterscancerretreat.org](http://www.stillwaterscancerretreat.org)

## SEND IT FOUNDATION

Outdoor adventures for young adult (ages 21-40) cancer fighters and survivors.  
[www.senditfoundation.org](http://www.senditfoundation.org)



## CAMP KESEM

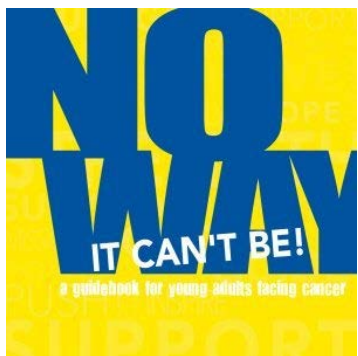
A child's friend through and beyond a parents cancer. Kesem is the largest national organization dedicated to supporting children impacted by a parent's cancer, at no cost to families.  
[www.campkesem.org](http://www.campkesem.org)

# 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](http://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/](http://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](http://www.livestrong.org/what-we-do/program/livestrong-guidebook)  
[www.livestrong.org/what-we-do/living-after-cancer-treatment-brochure](http://www.livestrong.org/what-we-do/living-after-cancer-treatment-brochure)

## QUESTIONS?

Contact your AYA patient navigator:

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

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

