

Cancer Wellness Resources

American Cancer Society (ACS): cancer.org (800-227-2345)

Trained cancer information specialists to answer questions to learn about programs and resources to help you get healthy and thrive after treatment. Visit www.cancer.org/cancer/survivorship.html for post-treatment cancer survivorship resources.

Cancer Support Community Indiana: cancersupportindy.org

Provides psychosocial support to complement medical treatments in order to nurture every part of a patient as they learn, grow and recover. Indiana chapter 317-257-1505.

National Cancer Institute (NCI): cancer.gov

To learn more about cancer or to download survivorship booklets listed below, visit NCI's website. NCI's Cancer Information Service (CIS) can help answer cancer-related questions. Call toll-free 800-4-CANCER (800-422-6237).

- Facing Forward: Life After Cancer Treatment
- Facing Forward: Making a Difference in Cancer

National Coalition for Cancer Survivorship (NCCS): canceradvocacy.org

Provides publications, answers to questions about employment rights, and assistance locating legal resources. To learn more about cancer advocacy and survivorship or to access the booklets listed below, visit NCCS' website or call 800-622-7937. Booklets include:

- Self-Advocacy – A Cancer Survivor's Handbook
- You Have the Right to be Hopeful
- Working it Out: Your Employment Rights as a Cancer Survivor (2012)

LIVESTRONG: livestrong.org

Compilation of resources for cancer survivors.

Triage Cancer: triagecancer.org (424-258-4628)

Offers free resources for individuals diagnosed with cancer, caregivers, and healthcare professionals, on the legal and practical issues that may arise after a diagnosis. Website offers legal and financial help, and lists state laws for a variety of topics (legal, insurance, employment, estate planning, etc.).



Patient Advocate Foundation: patientadvocate.org (800-532-5274)

Case management services for financial and health insurance issues for those with chronic, life threatening and debilitating illnesses.

Cancer and Careers: cancerandcareers.org (649-929-8032)

- Free Publications: download or order printed copies of workbooks, guides, toolkits and other resources.
- Educational Videos: How-To videos, webinar recordings, personal stories and more.
- Resource Database: Select list of third-party organizations, websites, support groups and hotlines.

Young Adult Support: ihadcancer.com or eCommunity.com/survivorship

Survivors, fighters and supporters/caregivers can share firsthand experiences about the emotional and physical effects of dealing and coping with cancer on a day-to-day basis. Community offers a virtual [Young Adult Social and Support Group](#).

OncoLink: oncolink.org (215-349-8895)

OncoLink provides tools and educational materials on treatment education, psychosocial support and survivorship care plans. These create a one-stop shop for patient education, enabling more impactful patient interactions, improving patient-provider communication and satisfaction.

Cancer Financial Assistance Coalition: cancerfac.org

Search tool for assistance programs near you. Types of assistance include financial, legal, housing, transportation, medical equipment, and much more.

General Resources

Community Connections

eCommunity.com/CommunityConnections

A free search tool to connect patients with social services in their community.

The Little Red Door

littlereddoor.org (317-925-5595)

CancerCare

cancercare.org (800-813-4673)

Cancer Hope Network

cancerhopenetwork.org (877-HOPENET)

Survivorship A to Z

survivorshipatoz.org/cancer

Johnson County Senior Services

jcseniorservices.org (317-738-4544)

Jane Pauley Community Health Centers

janepauleychc.org (844-695-7242)



Counseling

Community Fairbanks Behavioral Health
Community Cancer Survivorship Program
Cancer Support Community
Aspire Indiana
Indiana Family and Social Services Admin

317-621-5700 – Opt #1 for crisis; Opt #2 for appts
eCommunity.com/survivorship (317-621-4961)
cancersupportindy.org (888-793-9355)
aspireindiana.org (877-574-1254)
in.gov/fssa/dmha/index.html

Meal Resources

Food Pantries

foodpantries.org

Online search for local pantries, soup kitchens, food banks and more.

Meals on Wheels
Gleaners Food Bank
The Sharing Place (Lawrence Township)
Salvation Army Anderson
Park Place Church of God Food Pantry
Kokomo Rescue Mission
Merciful HELP (Hamilton County)
Johnson County Senior Services

mealsonwheelsindy.org (317-252-5558)
gleaners.org (317-925-0191)
lutheranfamily.org (317-760-0420)
salvationarmyusa.org (765-644-2538)
ppchog.org/pantry (765-374-4663)
kokomorescuemission.org (765-456-3838)
mercifulhelpcenter.org (317-663-4039 ext 6)
jcseniorservices.org (317-738-4544)

Medical/Dental

Community Health Network's
Provider Referral and Scheduling Center

Jane Pauley Community Health Centers
Trinity Free Clinic (Hamilton Co.)

fad.eCommunity.com

317-621-2727 all scheduling
317-621-2627 for oncology scheduling
www.janepauleychc.org (844-695-7242)
trinityfreeclinic.org (317-819-0772)

Trinity Free Clinic provides quality free medical, dental and health services to the uninsured, under-insured and low-income residents of Hamilton County.

Touchpoint HATS Clinics:
Healthy Aging Transition Services

eCommunity.com/hats

Outpatient clinic for assessment of common issues related to aging, such as memory problems or falls. Patients may be self-referred or referred by a loved one or physician. HATS clinics are located at Community Hospital East and Community Health Pavilion Noblesville.



Medications

Needy Meds

[needymeds.org](https://www.needymeds.org) (800-503-6897)

Good RX

[goodrx.com](https://www.goodrx.com)

Save up to 80% on prescription drugs and can be used instead of insurance.

Optum Perks

[perks.optum.com](https://www.perks.optum.com) (866-407-8901)

Save up to 80% on prescription drugs and can be used instead of insurance.

Fitness

Livestrong at the YMCA

[livestrong.org](https://www.livestrong.org)

Enter zip code to connect to your local program. They offer a free 12-week program at the YMCA. Requires referral and medical clearance from your physician.

Silver Sneakers

[tools.silversneakers.com](https://www.tools.silversneakers.com)

Health and fitness program designed for adults 65+ that is included in many Medicare plans.

Financial/Benefits

Community Health Network Billing

317-355-5555 or toll-free 866-721-4205

Community Health Network Pricing Support eCommunity.com/pricing

844-786-9503 or 317-355-9279

WellFund – Insurance enrollment

eCommunity.com/enroll (855-365-9300)

Health Insurance Marketplace

healthcare.gov (800-318-2596)

Good Days

[mygooddays.org](https://www.mygooddays.org) (877-968-7233)

NCOA Benefits CheckUp

[benefitscheckup.org](https://www.benefitscheckup.org)

Search tool that connects seniors with benefits programs for healthcare, food and more.

Energy Assistance Program (EAP)

[in.gov/ihcda](https://www.in.gov/ihcda)

EAP connects customers to their local service providers to apply for financial assistance with utility services during the winter heating season.

Transportation

Central Indiana Council on Aging (CICOA) Way2Go Program

Phone: 317-803-6153

cicoa.org/services/transportation

- **Door2Door** - Rides for medical appointments, pharmacy needs and grocery shopping within Marion County
- **Shuttle** - Scheduled shuttle services from various senior apartment complexes
- Must complete application, be at least 60 years of age and live in Marion County
- Handicap accessible
- Medicaid and disability transportation also offered

IndyGo Public Transportation

Customer Care Center: 317-635-3344

- **Half Fare** - \$2.00 per trip for seniors 65+ and children under 18 with a valid ID or anyone who qualifies with an IndyGo Half Fare ID Card. Website: indygo.net/fares-and-passes
- **IndyGo Access** - Paratransit shared ride service that requires a pre-screening and application. For reservations/cancellations call 317-917-8747. Website: indygo.net/access
- **Taxi Vouchers** - May be used as a form of payment for select taxi services. Vouchers are offered through a lottery system and available in a variety of bundles. Website: indygo.net/access/indygo-access-taxi-vouchers
- Handicap accessible

Horse Lady's Medical Transportation

Phone: 765-734-1182

- Located in Anderson, IN
- Provides transportation for medical appointments only; long distances only (trip must be at least 40 miles)
- Accepts Medicaid only
- Not handicap accessible

Johnson County Senior Services

Schedule a Ride: 317-738-4544

jcseniorservices.org

- Door-to-door transportation in Johnson County for residents 60 and older



Local Resources

IN 211 – Locate community resources
Central Indiana Council on Aging

in211.communityos.org Dial 211 or 1-866-211-9966
cicoa.org (317-254-5465)

Local Trustee Offices

<https://www.indy.gov/agency/township-trustees>

Center Township of Marion County
300 E. Fall Creek Parkway N. Drive
Indianapolis, IN 46204
317-633-3610

Washington Township Trustee
5302 N. Keystone Avenue Ste. E
Indianapolis, IN 46220
317-327-8800

Decatur Township Trustee
5410 S High School Rd, Ste 2
Indianapolis, IN 46221
317-856-6600

Wayne Township Trustee
5401 W Washington St, Ste 400
Indianapolis, IN 46214
317-241-4191

Lawrence Township Trustee
4455 McCoy St, Suite 100
Lawrence, IN 46226
317-890-0011

Anderson Township Trustee
1423 Central Ave
Anderson, IN 46016
765-644-1267

Perry Township Trustee
4925 Shelby St, Ste 400
Indianapolis, IN 46227
317-788-4815

Center Township of Howard County
213 E Jefferson St
Kokomo, IN 46901
765-452-8259

Warren Township Trustee
501 N Post Rd, Ste A
Indianapolis, IN 46219
317-327-8947