



# Coping with Cancer

PMH

Where teens, young adults and their families can go for help



**Patient Education**

*Improving health through education*

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## How this booklet can be helpful



Finding out you have cancer is scary and sometimes overwhelming.

Some of you may have been diagnosed when you were younger. Others may just be newly diagnosed in your late teens or as a young adult. No matter how old you are, you need information to help you make decisions. Information will also help you become actively involved in your treatment.

Your doctors will tell you about the best available treatments. You will also have a health care team: a doctor, a nurse, a pharmacist, a dietitian, a physiotherapist, an occupational therapist, a social worker, and a chaplain. Together, they will answer your questions and give support to you and your family.

There are many services you can use at Princess Margaret Hospital and in your community. This booklet will help you find programs and services for teens and young adults and your families.

The booklet is organized into sections. The sections are listed on the next page titled, "Where to go for:". At the end of this booklet, you'll find an index. The index lists all the organizations we talk about in alphabetical order and tells you where to find them in this booklet.

For information on many other hospital and community services, please look at another booklet called, "Patient Resource Guide: For Patients with Leukemia, Lymphoma, Myeloma and their Families". This guide is available at the:

- Patient and Family Library located on the main floor at Princess Margaret Hospital
- Community Resource Wall Display located on the second floor just outside the Transfusion Centre at Princess Margaret Hospital
- Following internet link  
[www.uhn.ca/patient/health\\_info/p/psychosocialoncology.asp?nav=2;2](http://www.uhn.ca/patient/health_info/p/psychosocialoncology.asp?nav=2;2)

You might have more questions as you go through your treatment. Your health care team will be happy to answer them.



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## Information and Support

Having cancer or knowing someone who has cancer is hard. Information and support can help you and your family to get through your cancer treatment.

Information can help you:

- understand what type of cancer you have;
- learn more about your treatment;
- find out where and how to get help.

Getting support can help you with some of the feelings you have. You're probably feeling things you've never felt before. Having someone to talk to about these feelings can help.

Here are some services and places you can go for information and support.

### ◆ Princess Margaret Hospital (PMH)

Tel: 416-946-2000  
[www.uhn.ca/pmh/](http://www.uhn.ca/pmh/)  
610 University Ave.  
Toronto, ON M5G 2M9

#### Where to go for information:

- **Patient & Family Library**

Main floor atrium  
Tel: 416-946-4501 ext. 5383  
[www.uhn.ca/pmh/services/library.asp?nav=1;1](http://www.uhn.ca/pmh/services/library.asp?nav=1;1)  
Email: [patienteducationpmh@uhn.on.ca](mailto:patienteducationpmh@uhn.on.ca)

**What is it?** This is a lending library that has very knowledgeable staff who can help you find cancer-related information. There are books, videos, CD-ROM's and pamphlets. In the library, you can also use the Oncology Interactive Education Series (OIES) on a computer.

**Who can use it?** PMH patients and their family and friends.

**How do I get started?** You, your family and friends can visit the library or call the above number for help and more information.

**Is there a cost?** Service is free.

- **Patient Education Web Site**

[www.uhn.ca/patient/pen/index.asp?nav=2;5.5](http://www.uhn.ca/patient/pen/index.asp?nav=2;5.5)  
Email: [patienteducationpmh@uhn.on.ca](mailto:patienteducationpmh@uhn.on.ca)

**What is it?** The Patient Education Web site tells you about hospital events and programs. It lists all the cancer brochures you can pick up at the Patient and Family Resource Centre. You can

also use the Web site to look for more information on the Internet.

**Who can use it?** PMH patients and their family and friends.

**How do I get started?** You, your family and friends can visit the above Web site for more information.

**Is there a cost?** Service is free.

## **Where to go for support:**

### **• Psychosocial Oncology and Palliative Care**

Tel: 416-946-4525

16th Floor, Room 718

[www.uhn.ca/programs/psychosocial\\_oncology/index.asp](http://www.uhn.ca/programs/psychosocial_oncology/index.asp)

**What is it?** We are a team of professionals that includes social workers, psychologists and psychiatrists. We're here to help you and your family cope. You can talk with us about:

- how to handle your cancer diagnosis
- dealing with all the changes in your life
- being in the hospital and going through treatment
- coping with family problems
- dealing with feelings
- practical things such as helping you or your family apply for government or work-related financial assistance programs, making sure you have drug coverage, and helping you get transportation to medical appointments

**Who can use it?** PMH patients and their families.

**How do I get started?** You, your family or friends can visit or call the above number for help and more information. To speak to a psychiatrist, your doctor must arrange for an appointment. So talk to your doctor and nurse about your concerns.

**Is there a cost?** Service is free.

### **• The Healing Journey**

Tel: 416-946-2062

[www.healingjourney.ca](http://www.healingjourney.ca)

**What is it?** This is an educational program for cancer patients and their families. The courses help you deal with the stress of cancer and cancer treatment. You learn coping and healing skills. The courses are led by Dr. Alastair Cunningham, a psychologist, mind-body researcher and cancer survivor.

**Who can use it?** PMH patients and their families.

**How do I get started?** You, your family or friends can call the above number for help and more information. You need to call and register.

**Is there a cost?** Service has a fee.

- **Relaxation Training**

Occupational Therapy  
Tel: 416-946-4501 Ext. 5580

**What is it?** You meet with us one-on-one. We talk about how you and your family can manage stress while you are having treatment. If your first language is not English, we can get an interpreter for you.

**Who can use it?** PMH patients and their families.

**How do I get started?** Ask your doctor to arrange an appointment.

**Is there a cost?** Service is free.

- ◆ **BRAIN Child**

Brain Tumor Research and  
Information Network  
Tel: 416-813-7974  
[www.sickkids.on.ca/brainchild/](http://www.sickkids.on.ca/brainchild/)  
Email: [brain.child@sickkids.ca](mailto:brain.child@sickkids.ca)  
555 University Ave.  
Toronto, ON M5G 1X8

**What is it?** B.R.A.I.N Child is made up of parents, family, friends and healthcare professionals who have all cared for a child living with a brain tumor. They provide support and education through: telephone networks, newsletters, monthly meetings and information about early detection.

**Who can use it?** Parents, family, friends and healthcare professionals.

**How do I get started?** You, your family or friends can call the above number or visit their Web site for help and more information.

**Is there a cost?** This service is free.

- ◆ **Cancer Information Service**

Toll free: 1-888-939-3333  
[www.cancer.ca](http://www.cancer.ca)  
328 Mountain Park Avenue, 3rd floor  
Hamilton, ON L8V 4X2

**What is it?** A toll-free telephone information service (in English or French). You can ask about any type of cancer and find out about community resources. They have written information they can mail to you free of charge. If you go to their Web site, you will find information on cancer, new treatments, current research and clinical trials. This Web site also has a link to the National Cancer Institute of Canada's database (<http://www.ncic.cancer.ca/>) which has additional information on cancer and research.

**Who can use it?** Anyone can use this service including families, the public and healthcare professionals.

**How do I get started?** You, your family or friends can call the above number or visit their Web

site for help and more information.

**Is there a cost?** These services are free.

## ◆ **Childhood Cancer Foundation - Candlelighters Canada**

Toll free: 1-800-363-1062

Tel: 416-489-6440

Fax: 416-489-9812

[www.candlelighters.ca](http://www.candlelighters.ca)

Email: [staff@candlelighters.ca](mailto:staff@candlelighters.ca)

55 Eglinton Ave. East, Suite 401

Toronto, ON M4P 1G8

**What is it?** Candlelighters is a national support and information network. It works to improve the quality of life of children and teens with cancer, their families and all those who care for and about them. Activities include: advocacy; local parent support groups; teen networks; information and support and professional education materials.

**Who can use it?** Parents, patients, siblings, organizations, pediatric oncology caregivers and professionals.

**How do I get started?** You, your family or friends can call the above number or visit their Web site for help and more information.

**Is there a cost?** Some materials have to be purchased. They have a resource library at their main office in Toronto.

## ◆ **Interlink Community Cancer Nurses - Pediatric and Adult Program**

Tel: 416-599-5465

Fax: 416-599-5972

[www.interlinknurses.on.ca](http://www.interlinknurses.on.ca)

Email: [execdir@interlinknurses.on.ca](mailto:execdir@interlinknurses.on.ca)

90 Gerrard St. West, Suite 2-239

Toronto, ON M5G 1J6

**What is it?** This service helps you and your family adjust to a cancer diagnosis. It also helps you and your family to get ready for the demands of treatment by bringing together services and supports.

Interlink will:

- Discuss the diagnosis and treatment plan with you
- Link you to the Cancer Society for more help
- Connect you with resources in your community
- Contact your school before you return
- Support your siblings and family

**Who can use it?** Parents, patients, siblings and teachers.

**How do I get started?** You or your family can call the above number or visit their Web site for help and more information. You can also speak to your nurse or social worker who can contact

Interlink on your behalf. Once Interlink has been contacted, an Interlink nurse will contact you either at your home or in hospital.

**Is there a cost?** This service is free.

## ◆ **The Pediatric Oncology Group of Ontario (POGO)**

Tel: 416-592-1232

Fax: 416-592-1285

www.pogo.on.ca

Email: info@pogo.on.ca

480 University Ave. Suite 1014

Toronto On M5G 1V2

**What is it?** This organization advises the Ministry of Health on how to improve cancer care for children in the province. It takes feedback from cancer care professionals but also listens to the concerns of childhood cancer survivors and their families. Parents can order two free booklets from POGO:

- "Childhood Cancer Resources: Services in Ontario"
- "Helping Schools Cope with Childhood Cancer"

**Who can use it?** Childhood cancer specialists. But, this organization is also for parents and children who want their voices to be heard.

**How do I get started?** You, your family or friends can call the above number or visit their Web site for help and more information.

**Is there a cost?** These services are free.

## ◆ **Wellspring**

Toll free: 1-877-499-9904

Tel: 416-961-1928

Email: feedback@wellspring.ca

www.wellspring.ca

### • **THE COACH HOUSE**

81 Wellesley Street East

Toronto, ON M4Y 1H6

**What is it?** There are 5 Wellspring support centres in Ontario. They run discussions on cancer topics that you and your family or caregivers can attend. You can also borrow from their libraries.

**Who can use it?** Patients and their families and friends.

**How do I get started?** You, your family or friends can visit. Call the above number or visit their Web site for help and more information.

**Is there a cost?** These services are free.



## Group Support

Group support gives you and your family the chance to share your experiences and learn from others who are going through a similar experience.

Here are some services and places you can go for group support.

### ◆ Canadian Cancer Society

Toll free: 1-888-939-3333  
Toronto Region Tel: 416-440-3330  
[www.cancer.ca](http://www.cancer.ca)  
20 Holly Street, Suite 200  
Toronto, ON M4S 3B1

#### What is it?

##### • Group Support

The Cancer Society runs self-help groups for cancer patients, their families and friends. They give you emotional support and practical help. The groups meet at three different locations in Metro Toronto. Call to get the locations and meeting times.

##### • CancerConnection - Peer Support Program

Anywhere in Ontario you can be matched with someone who can talk with you over the phone. These people are trained volunteers who have been through a cancer experience like yours. The phone calls are completely private. Call 1-800-263-6750 to find out more.

**Who can use it?** Patients and their families.

**How do I get started?** You, your family or friends can visit. Call the above number or visit their Web site for help and more information.

**Is there a cost?** These services are free.

### ◆ Childhood Cancer Foundation - Candlelighters Canada

Toll free: 1-800-363-1062  
Tel: 416-489-6440  
Fax: 416-489-9812  
[www.candlelighters.ca](http://www.candlelighters.ca)  
Email: [staff@candlelighters.ca](mailto:staff@candlelighters.ca)  
55 Eglinton Ave. East, Suite 401  
Toronto, ON M4P 1G8

## **What is it?**

### **• Parent/Survivor Support Group**

Candlelighters Canada runs 50 parent/survivor support groups across Canada. The parent/survivor support groups offer compassionate support, sharing experiences and knowledge, as well as assisting newly diagnosed families through networking, workshops and social nights.

### **• Teen Network**

Teens helping other teens! Canada-wide peer support network of teenagers with cancer and their teenage brothers and sisters, who share experiences, have fun, offer resources and promote understanding, well-being and leadership. Teen representatives in each province have started Candlelighters Teens.

**Who can use it?** Teens diagnosed with cancer and parents of teens with cancer.

**How do I get started?** You, your family or friends can visit. Call the above number or visit their Web site for help and more information about these support groups.

**Is there a cost?** These programs are free.

## **◆ The Hospital for Sick Children**

416-813-6784 Contact: Dr. Maru Barrera or Aseel Alkhalili

[www.sickkids.ca](http://www.sickkids.ca)

Email: [aseel.alkhalili@sickkids.ca](mailto:aseel.alkhalili@sickkids.ca)

555 University Ave.

Toronto, On M5G 1X8

**What is it?** The hospital runs support groups to help brothers and sisters adjust to their sibling's cancer diagnosis and treatment. The groups usually run for 8 weeks and meets every Wednesday from 6:30pm to 8:30pm. Separate groups are offered for children under 13 year and for teenagers.

**Who can use it?** Brothers and sisters, ages 6 to18, of children with cancer.

**How do I get started?** You, your family, or a staff member who has talked with your family about your siblings being involved in this program can call Aseel Alkhalili or Dr. Maru Barrera at the number given above.

**Is there a cost?** This service is free.

## **◆ Gilda's Club**

Tel: 416-214-9898

[www.gildasclubtoronto.ca](http://www.gildasclubtoronto.ca)

110 Lombard Street

Toronto, ON M5C 1M3

**What is it?** Gilda's club is for people with cancer and their families and friends. Its services include support groups for teens with cancer or who have a loved one affected by cancer called

Teen Time; workshops for fun and learning; lectures on cancer-related topics; stress management workshops on relaxation and meditation; a magical room ("Noogieland") for children; a teen activity room and lots of social activities such as potluck suppers, a book club, movie nights and joke fests.

**Who can use it?** Patients and their families and friends.

**How do I get started?** You, your family or friends can visit. Call the above number or visit their Web site for help and more information. You have to register for some of these programs. You can drop in for others. Call for more information.

**Is there a cost?** These services and programs are free.

## ◆ **Wellspring**

Toll free: 1-877-499-9904

Tel: 416-961-1928

[www.wellspring.ca](http://www.wellspring.ca)

Email: [feedback@wellspring.ca](mailto:feedback@wellspring.ca)

### • **THE COACH HOUSE**

81 Wellesley Street East

Toronto, ON M4Y 1H6

**What is it?** Wellspring has free programs and services for cancer patients and their families. They run support groups for patients, for patients together with their families or caregivers, and for parents of young cancer patients. They also run workshops on topics like spirituality, relaxation, art therapy, music therapy, yoga, Reiki and Qi Gong.

### • **Wellspring's "I'm Too Young" Support Group**

This group is for young adult cancer patients between the ages of 18 and 30. The group provides an opportunity to meet, discuss and share experiences with other young adults with cancer. It also helps to address some of the special problems many young adults with cancer may face. The group is co-led by a professional group leader and a trained cancer survivor. A waiting list is put together and a group starts when there are enough people enrolled. The group meets once a week for 8 weeks. Registration is required.

**Who can use it?** Patients and their families and friends.

**How do I get started?** You, your family or friends can visit. Call the above number or visit their Web site for help and more information. You have to register for some of these services. You can drop in for others. Call for more information.

**Is there a cost?** Services are free.



## Resources to Help Look Your Best

Sometimes treatment can change the way you look. Most of these changes are temporary and not everyone going through treatment has to deal with this. But, if you have or are expected to have some appearance-related changes consider checking into these services.

Also, talk to your doctor or nurse about your treatment and what you can expect so that you can be better prepared. They can give you ideas about how to deal with these possible changes.

### ◆ Princess Margaret Hospital (PMH)

Tel: 416-946-2000  
[www.uhn.ca/pmh/](http://www.uhn.ca/pmh/)  
610 University Ave.  
Toronto, ON M5G 2M9

#### • **NEW! Look Good Feel Better Program 4 Teens**

Tel: 416-946-2075  
3rd floor, room 642  
[www.uhn.ca/patient/health\\_info/support\\_groups/cancer\\_specific/look\\_good.asp?nav=2;5.4](http://www.uhn.ca/patient/health_info/support_groups/cancer_specific/look_good.asp?nav=2;5.4)

**What is it?** This program has been specially designed for teens and young adults who are living with cancer. This free, hands-on, interactive, 2-hour workshop offers many great tips and techniques to help deal with some common appearance-related side effects. The program is both fun and informative to help you both look and feel your best. You can bring a parent, a sibling or even your best friend. The program is offered the first Wednesday of every month from 1:00 pm to 3:00 pm. The program is sponsored by the member companies of the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA) and is a joint project between Princess Margaret Hospital and the Hospital for Sick Children.

**Who can use it?** PMH teenaged and young adult patients. Teenaged patients of the Hospital for Sick Children.

**How do I get started?** You, your family or friends call the above number for more information. You or the person referring you has to register you for the workshop.

**Is there a cost?** This program is free.

#### • **Psychosocial Oncology and Palliative Care**

Wig /Head Wear List  
Tel: 416-946-4525  
16th Floor, Room 718  
[www.uhn.ca/programs/psychosocial\\_oncology/](http://www.uhn.ca/programs/psychosocial_oncology/)

**What is it?** This list provides information on where to get wigs and headwear for patients receiving or planning to receive chemotherapy treatment. The list also has ideas about coping with temporary hair loss. Written in English.

**Who can use it?** PMH patients and their families.

**How do I get started?** You, your family or friends can visit or call the above number and arrange to pick-up the list or have it mailed to your home.

**Is there a cost?** List is free.

• **Volunteer Resources Department**

Wig Salon and Accessories Boutique

Tel: 416-946-6596

3rd floor, room 642

[www.uhn.ca/patient/health\\_info/support\\_groups/cancer\\_specific/wig\\_salon.asp?nav=2;5.4](http://www.uhn.ca/patient/health_info/support_groups/cancer_specific/wig_salon.asp?nav=2;5.4)

**What is it?** At the Wig Salon and Accessories Boutique, you'll learn everything you need to know about wigs and headwear. You can have a free, private consultation with a wig specialist about the colour and style that are right for you. The salon has a large selection of wigs and headwear accessories for sale at affordable prices.

**Who can use it?** PMH patients.

**How do I get started?** You, your family or friends call the above number for more information. You or the person referring you has to call to book an appointment.

**Is there a cost?** Consultation is free. Wigs vary in cost. If you cannot afford the cost of a wig, discuss your situation with the staff in the Salon. They can assist you and direct you to some helpful resources.

• **The Princess Margaret Hospital Lodge Wig Boutique**

Tel: 416-413-7412

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

545 Jarvis Street

Toronto, ON M4Y 2H8

**What is it?** A volunteer-run program that offers free attractive wigs, turbans, and other head coverings to people who have lost hair from cancer treatment.

**Who can use it?** PMH patients.

**How do I get started?** You, your family or friends can call the above number for more information. Call ahead to book an appointment. Evening appointments are sometimes available.

**Is there a cost?** Service and all head coverings are free.

# Things To Do In The Hospital

Some of you may need to be admitted to hospital for treatment. Being in hospital is not easy. It is difficult to be away from your family, friends, home, school, work and your regular activities.



To help you cope, think about ways to make your hospital room into a place that keeps you connected to your life outside the hospital. For example, consider bringing in pictures of family and friends, posters, display get-well cards in your room, have some of your own clothes, pajamas or sweat outfits or bring a blanket or comforter. Also bring in some of your favorite activities to help you pass the time such as a walkman/CD player with favorite music, portable DVD player, laptop computer, crafts, books, magazines, games, and puzzles.



Here are some activity programs that are available at PMH.

## ◆ Princess Margaret Hospital (PMH)

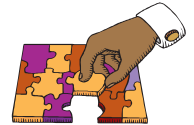
Tel: 416-946-2000  
[www.uhn.ca/pmh/](http://www.uhn.ca/pmh/)  
610 University Ave.  
Toronto, ON M5G 2M9



### • Volunteer Resources Department Diversional Activities

Tel: 416-946-4610

[www.uhn.ca/patient/health\\_info/support\\_groups/cancer\\_specific/diversional\\_activities.asp?nav=2;5.4](http://www.uhn.ca/patient/health_info/support_groups/cancer_specific/diversional_activities.asp?nav=2;5.4)



**What is it?** A PMH volunteer-run program that has a mobile cart that can come directly to patients' hospital rooms. The cart has reading materials, games, crafts and walkmans that can be borrowed.

**Who can use it?** PMH patients admitted to hospital.

**How do I get started?** You, your family or friends can call the above number for more information and to request an activity. The program is offered on Mondays, Wednesdays and Fridays.

**Is there a cost?** This program is free.

### • Volunteer Resources Department

Music in the Atrium Program  
Tel: 416-946-4610

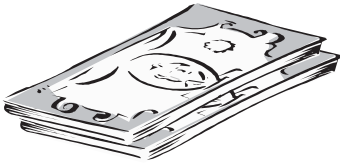
[www.uhn.ca/patient/health\\_info/support\\_groups/cancer\\_specific/diversional\\_activities.asp?nav=2;5.4](http://www.uhn.ca/patient/health_info/support_groups/cancer_specific/diversional_activities.asp?nav=2;5.4)

**What is it?** This PMH volunteer-run program is held every week on Wednesdays at 12:00 noon to 1:00 pm. Many of Canada's own talented musical artists perform in the main atrium. Please check the main atrium for the artist performing each week.

**Who can use it?** PMH patients and their families and friends.

**How do I get started?** If you are an in-patient, before attending this event you must check with your nurse or doctor to make sure that you are medically okay to be out of your room and off the nursing unit. You, your family and friends can go directly to the main atrium on the day and time mentioned above and watch the performance. Seating is available.

**Is there a cost?** This program is free.



## Financial Help

The diagnosis and treatment of cancer can sometimes create financial difficulties for you or your family. You may not have a source of income or your family may need to take some time off work to help you out. You might also have added expenses such as medications and transportation to medical appointments. If you live a distance from the hospital, you might also have to pay for a temporary place to stay.

Below are some government financial assistance programs and a non-profit program that can help you or your family.

You might also want to speak to a social worker who can help you figure out what programs may be the most helpful for you. To speak to a social worker at Princess Margaret Hospital, call Psychosocial Oncology and Palliative Care at 416-946-4525.

### ◆ Government Social Assistance Programs

- **Ontario Works (OW)**

Ministry of Community, Family and Children's Services (CFCS)

Toll free: 1-888-789-7499

Tel: 416-325-5666

[www.cfcs.gov.on.ca/CFCS/en/programs/IES/default.htm](http://www.cfcs.gov.on.ca/CFCS/en/programs/IES/default.htm)

**What is it?** This program helps people 18 years of age and over who have little or no income and limited or no savings. It also helps families with little or no income. The program can also assist teens aged 16 and 17 years of age who attend school but who are not living at home.

It provides temporary short-term financial assistance and also a Drug Benefits card to cover prescription medication. The program helps pay some special health related costs such as a special diet, basic dental care and transportation to medical appointments.

**Who can use it?** Ontario residents who are 18 and over who have little or no income or little or no savings.

**How do I get started?** A social worker, the person applying for assistance or their family member can call their closest Ministry of Community, Family and Children's Services Office. You can also find the locations and telephone numbers for these offices in the blue pages of your phone book or on the OW Web site given above.

The person calling must ask to speak to an intake worker. If you are too sick to go out, you can ask to have an appointment at your home. If you are in hospital, your hospital social worker can arrange for an intake worker to come to see you in hospital.

When you call, they will ask you for information about your income, savings, assets and expenses.

When you have your appointment, you need to bring:

- Identification including a birth certificate or proof of citizenship, health card and social insurance number.
- Proof of your housing expenses e.g., a copy of your lease or rent receipts.
- Proof of your income e.g., a pay stub.
- Proof of assets e.g., bank book updates for the last 3 months, a copy of any life insurance policy or investments that you have.
- A pay stub from your last employer, if possible.

**Is there a cost?** The only thing you pay for is a \$2 dispensing fee for your prescriptions.

• **Ontario Disability Support Program (ODSP)**

Ministry of Community, Family and Children's Services (CFCS)

Toll free: 1-888-789-7499 Tel: 416-325-5666

[www.cfcs.gov.on.ca/CFCS/en/programs/IES/default.htm](http://www.cfcs.gov.on.ca/CFCS/en/programs/IES/default.htm)

**What is it?** This program is for people with disabilities who are 18 years of age who have little or no income and little or no savings. Having a disability means that you have a physical or mental problem that will last at least 1 year that stops you from working, or taking care of yourself, or doing things like your own banking and shopping.

The Ontario Disability Support Program (ODSP) provides income support and employment support for people with disabilities. A person can apply to the ODSP up to six months prior to their 18th birthday.

As well as providing a basic living and shelter allowance, ODSP provides money for many health-related benefits including basic dental care, prescription drug coverage, eyeglasses and hearing aids. Special diet allowances, guide dog benefit, diabetic supplies, surgical supplies and transportation to medical appointments may also be provided depending on a person's need.

The ODSP also helps people with disabilities find and keep jobs. Employment supports include employment counselling, pre-employment preparation and skills based training, and on-the-job supports.

**Who can use it?** Disabled Ontario residents who are 18 and over who have little or no income or little or no savings.

**How do I get started?** A social worker, the person applying for assistance or their family member can call their closest Ministry of Community, Family and Children's Services Office. The locations and telephone numbers for these offices are in the blue pages of your phone book or on the ODSP Web site given above.

The person calling must ask to speak to an intake worker. If you are too sick to go out, you can ask to have an appointment at your home. If you are in hospital, your hospital social worker can arrange for an intake worker to come to see you in hospital.

When you call, they will ask you for information about your income, savings, assets and expenses. If it is decided that you are eligible, you will receive a Disability Determination Package. The package must be completed by an approved health professional such as your family doctor or medical specialist. The completed package should be sent to the Disability Adjudication Unit (DAU) at the Ministry of Community and Social Services within 90 days.

It can take from 4 to 6 months to have your application approved. While you are waiting, you can apply for short-term help from Ontario Works.

**Is there a cost?** The only thing you pay for is a \$2 dispensing fee for your prescriptions.

• **Assistance for Children with Severe Disabilities (ACSD)**

Ministry of Child and Youth Services (MCYS)

Tel: 416-325-0500

Fax: 416-325-0565

477 Mount Pleasant Rd., 3rd floor

Toronto, ON M7A 1G1

[www.cfcs.gov.on.ca/CS/en/programs/SpecialNeeds/assistanceforChildrenwithSevereDisabilities.htm](http://www.cfcs.gov.on.ca/CS/en/programs/SpecialNeeds/assistanceforChildrenwithSevereDisabilities.htm)

**What is it?** The Assistance for Children with Severe Disabilities Program is an ODSP program that is applicable to special needs children, 18 years of age and under. This program helps families meet the extra costs of caring for a child with special needs.

These costs might include travel, special equipment, clothing and parent respite (temporary rest or relief from caring for the child).

The program is "means tested". This means that the amount of money you can receive is based on your total family income, your number of children and the costs of caring for you child. If your family qualifies for help, you will receive an Ontario Drug Benefits (ODB) card in your child's name for buying prescribed medications.

**Who can use it?** Children under 18 years old who live at home with their parents and the parent's financial situation meets the criteria of this program.

**How do I get started?** Parents applying for ACSD benefits need an application form from the nearest MCYS Regional Office. The child's medical professional must complete the form and describe the disability. Once completed, the application form should be returned to the Regional Office. Any available supporting documentation should accompany the application.

A Special Agreements Officer will review your application and contact you if further information is required. The decision about your application will be sent to you in writing.

The rate is calculated in two steps:

1. Calculate extraordinary special needs costs, and
2. Assess the special needs costs in relation to total family income.

**Is there a cost?** The only thing you pay for is a \$2 dispensing fee for your prescriptions.

• **Special Services at Home (SSAH) (Parent Support)**

Ministry of Child and Youth Services (MCYS)

Tel: 416-325-0500

Fax: 416-325-0565

477 Mount Pleasant Rd., 3rd floor

Toronto, ON M7A 1G1

[www.cfcs.gov.on.ca/CS/en/programs/SpecialNeeds/assistanceforChildrenwithSevereDisabilities.htm](http://www.cfcs.gov.on.ca/CS/en/programs/SpecialNeeds/assistanceforChildrenwithSevereDisabilities.htm)

**What is it?** Special Services at Home (SSAH) supports people living at home with their families and those caring for family member with a disability. They can supply workers who will help with:

- Feeding or bathing the child with a disability
- Teaching the child life skills
- Taking care of the child so that the parents can have a break

**Who can use it?** Children under 18 years with a physical disability and children and adults with a developmental disability.

**How do I get started?** Parents applying for the SSAH program need an application form from the nearest MCYS Regional Office. The child's doctor will need to provide a medical statement or psychological assessment confirming the diagnosis of the child's disability. This statement can be attached to your application or it can be sent directly to the Ministry of Children and Youth Services by the doctor. The Ministry of Child and Youth Services reviews your application and makes decisions based on your needs, the Ministry's budget, and whether other services are available.

**Is there a cost?** There is no cost.

## ◆ **Government Work-Related Benefits for Family Members**

### • **Employment Insurance (EI) Compassionate Care Benefit**

Telemessage toll free hotline: 1-800-206-7218

[www.hrdc-drhc.gc.ca/ae-ei/employment\\_insurance.shtml](http://www.hrdc-drhc.gc.ca/ae-ei/employment_insurance.shtml)

**What is it?** This benefit is available to EI -eligible workers who must be absent from work to care for a family member who has a serious medical condition with a significant risk of death.

You need to have worked at least 600 hours of insured employment in the last 52 weeks.

"Insured employment" means that you paid into this plan while you were working.

Compassionate Care Benefits are for up to 6 weeks.

The basic rate is 55% of your average weekly earnings. The maximum you can get is \$413 a week. The benefit can be taken by one individual or shared with other EI-eligible family members

**Who can use it?** For EI- eligible workers who are caring for one of the following gravely ill family members:

- Your spouse or common-law partner
- Your parent
- The spouse or common-law partner of your parent
- Your child
- The child of your spouse or common-law partner

**How do I get started?** The person applying for this benefit or their family member can visit their nearest Human Resources Development Canada Centre or apply on-line by going to the Web site listed above.

You can also pick up an application form outside the offices of Psychosocial Oncology and

Palliative Care at Princess Margaret Hospital (16th floor, room 718).

You should apply for the benefit as soon as you stop working. To apply, you need: an application form, a Record of Employment from your employer (if possible), and a Medical Certificate for EI Compassionate Care Benefits that your family member's doctor has completed and signed.

Applications can take up to 6 weeks to be processed.

**Is there a cost?** There is no cost.

## ◆ Non-Profit Organizations

### • Pediatric Oncology Family Assistance Program (POFAP)

(Administered through the Pediatric Oncology Group of Ontario, POGO, and funded in partnership with the Canadian Cancer Society)

Tel: 416-592-1232 Fax: 416-592-1285

[www.pogo.on.ca](http://www.pogo.on.ca)

480 University Ave. Suite 1014

Toronto, On M5G 2C1

**What is it?** POFAP can help your parents meet some special costs while you are getting treatment for cancer at your local children's hospital. These costs might include:

- Babysitting brothers and sisters at home
- A daily allowance for expenses such as accommodation and food while you are away from home (max. \$25 a day).

**Who can use it?** Families of children who are diagnosed before their 19th birthday and are treated for cancer at a recognized cancer treatment centre.

**How do I get started?** By a social worker, Interlink, or your local children's hospital. Your parents can apply through your local children's hospital or they can also contact POGO for more information.

**Is there a cost?** This program is free.



## Transportation For Medical Appointments

Most of you can expect to have many medical appointments while you have treatment. Also, after you finish treatment, many of you may need to continue to see your doctors for check-ups. Some of you may have family or friends who can drive you to your appointments.

If you do not have someone to drive you, the organization listed below can help get you to your medical appointments.

You might also speak to a social worker for help in finding other resources. To speak to a social worker at Princess Margaret Hospital, call Psychosocial Oncology and Palliative Care at 416-946-4525.

### ◆ Canadian Cancer Society

Toll free: 1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)

Email: [ccs@cancer.ca](mailto:ccs@cancer.ca)

**What is it?** If you don't have the means to travel, the Canadian Cancer Society can get you to the cancer-related care you need. Trained volunteer drivers pick patients up and take them to the local hospital or regional cancer centre.

**Who can use it?** People receiving cancer treatment.

**How do I get started?** Contact the Canadian Cancer Society in your community to register or call the number listed above for the office nearest you.

To make arrangements for a ride, you will need to call the Cancer Society office at least 4 business days before your appointment date.

**Is there a cost?** This service is free.



## Help With School

Cancer treatment can cause many changes in your life. Some of you may not be able to attend school. Others may need to make special arrangements at school to continue with their education while undergoing treatment or after the treatment. The following programs and services can help you keep up with your education needs.

### ◆ Interlink Community Cancer Nurses- Pediatric and Adult Program

Tel: 416-599-5465

Fax: 416-599-5972

[www.interlinknurses.on.ca](http://www.interlinknurses.on.ca)

Email: [execdir@interlinknurses.on.ca](mailto:execdir@interlinknurses.on.ca)

90 Gerrard St. West, Suite 2-239

Toronto, ON M5G 1J6

**What is it?** Interlink arranges tutoring either in hospital or at home. They will talk to your classmates and teachers at the time of the diagnosis and before you return to school. They will also speak to your sibling's class if needed.

**Who can use it?** Children with cancer, their families, medical staff, teachers and classmates.

**How do I get started?** You, your family or friends can call the above number or visit their Web site for help and more information. You can also speak to your nurse or social worker who can contact Interlink on your behalf. An Interlink nurse will contact you either at your home or in hospital. The nurse will also contact your school if you wish.

**Is there a cost?** This service is free.

### ◆ Childhood Cancer Foundation - Candlelighters Canada

Toll Free: 1-800-363-1062

Tel: 416-489-6440

Fax: 416-489-9812

[www.candlelighters.ca](http://www.candlelighters.ca)

Email: [staff@candlelighters.ca](mailto:staff@candlelighters.ca)

55 Eglinton Ave. East, Suite 401

Toronto, ON M4P 1S8

**What is it?** Candlelighters is a national support and information network. They have two books that you can buy, about how to deal with interruptions in your schooling.

- School Re-entry Manual (1992) \$35

This book is for teachers, healthcare workers and parents. It gives them information about how to start a school re-entry program for children living with cancer.

- Educating the Child with Cancer (1993) \$12

This book talks about some of the classroom problems you might face. It also has articles about how parents, teachers and healthcare workers can try to work together.

**Who can use it?** Parents, patients, siblings, organizations, pediatric oncology caregivers and professionals.

**How do I get started?** You, your family or friends can call the above number or visit their Web site for help and more information.

**Is there a cost?** Some materials have to be purchased but many are free.

### ◆ **SAVTI (Successful Academic and Vocational Transition Initiative)**

Toll free: 1-800-265-2002 x 4798

Tel: 416-415-5000 x 4798

Email: [rlange@gbrownc.on.ca](mailto:rlange@gbrownc.on.ca)

George Brown College

P.O. Box 1015, Station B

Toronto, ON M5T 2T9

**What is it?** SAVTI is a pilot program created that helps survivors of brain tumors and childhood cancer who have learning difficulties as a result of their treatment. This program is offered through the partnership of the Pediatric Oncology Group of Ontario (POGO) and The City College George Brown (GBC) in collaboration with The Hospital for Sick Children in Toronto.

The main goal of the program is to help you make a smoother transition from high school to post-secondary education or employment.

The SAVTI program can help you:

- Identify career and education goals
- Develop an education and/or employment plan
- Prepare for college or university or a job
- Identify and develop effective learning methods
- Connect you with the resources to help you achieve your education and employment goals

**Who can use it?** Survivors of brain tumors and childhood cancer ages 16 to 28 who have learning difficulties as a result of their treatment.

**How do I get started?** You, your family, your doctor, nurse or the hospital social worker can call and discuss your needs. Information about your health situation is required. Medical information will be requested from your doctor.

**Is there a cost?** This service is free.



## Wish Foundations

Undergoing cancer treatment can be difficult for both you and your family. Medical or financial difficulties may prevent you from taking part in activities that are fun, relaxing and can take your mind off having a serious illness. The following foundations offer you an opportunity to have a once-in-a-lifetime dream come true. This could involve being given a gift, meeting a favorite entertainment celebrity or sports hero, or a fun-filled trip somewhere.

If you have already been granted a wish by any of these foundations, unfortunately, you are not eligible for a second wish. But if you have never been granted a wish, consider contacting one of the following foundations. Each foundation has an age requirement, so please check the information before contacting.

### ◆ Children's Wish Foundation of Canada, The

(Ontario Chapter)

Toll free: 1-800-267-9474

Tel: 905-427-5353

Fax: 905-427-0536

[www.childrenswish.ca](http://www.childrenswish.ca)

Email: [on@childrenswish.ca](mailto:on@childrenswish.ca)

725 Westney Road South

Ajax, ON L1S 7P7

**What is it?** The foundation gives a once-in-a-lifetime experience (a chance to travel, for example) to children living with high-risk, life-threatening illnesses.

**Who can use it?** Children who are residents of Canada and younger than 18 years of age.

**How do I get started?** You, your family or friends can call. The foundation contacts your doctor to make sure you are eligible and sends you forms to fill out.

**Is there a cost?** There is no cost.

### ◆ Make-A-Wish Foundation

Toll free: 1-877-629-9474 (Ontario only)

Tel: 416-223-2620

Fax: 416-223-1484

[www.makeawish.ca](http://www.makeawish.ca)

Email: [torontochapter@makeawish.ca](mailto:torontochapter@makeawish.ca)

5803 Yonge St. Suite 109

Toronto, ON M2M 3V5

**What is it?** The foundation grants the wishes of children with life threatening illnesses.

**Who can use it?** Children between the ages of 3 and 17.

**How do I get started?** You or your doctor can contact the foundation. The foundation will send a form to your doctor to fill out.

**Is there a cost?** There is no cost.

### ◆ **Starlight Children's Foundation**

Tel: 416-502-9474

Fax: 416-502-9477

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

2770 14th Ave. Suite 100

Markham, ON L3R 0J1

**What is it?** The foundation works to brighten the lives of seriously ill children and their families. It grants children's wishes and organizes special outings that give families a chance to have fun together.

**Who can use it?** Children between 4 and 18.

**How do I get started?** You, your doctor, or your social worker can contact the foundation. The foundation will send you a form to fill out.

**Is there a cost?** There is no cost.

### ◆ **Sunshine Dreams for Kids**

Toll free: 1-800-461-7935

Fax: 519-642-1201

[www.sunshine.ca](http://www.sunshine.ca)

Email: [info@sunshine.ca](mailto:info@sunshine.ca)

200-465 Richmond St.

London, ON N6A 5P2

**What is it?** The foundation grants the wishes of children with life-threatening illnesses or severe physical disabilities.

**Who can use it?** Children between the ages of 3 and 19.

**How do I get started?** Parents or guardians can contact the foundation to have an application form sent to you.

**Is there a cost?** There is no cost.



## Camps

Camp programs provide an opportunity to escape from the day-to-day routine. The camps are geared to your special medical and social needs. When selecting a camp make sure it is certified and has the necessary staff and medical equipment. You need to provide the camp information on how to contact your doctor.

### ◆ Camp Oochigeas

Toll free: 1-888-GO-4-OOCH

Tel: 416-961-6624

Fax: 416-961-2267

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

Email: [oochigeas@ooch.org](mailto:oochigeas@ooch.org)

**What is it?** Camp Oochigeas gives young cancer patients a 2-week camping experience that fosters growth and development.

**Who can use it?** Children and teens between the ages of 6 and 16. They also offer a graduate camper program for those 17 and over.

**How do I get started?** You or your family can call for more information. You can be referred by your doctor, nurse or social worker. Your parents fill out a registration package. You complete some medical forms. The application must be approved by the camp's medical staff.

**Is there a cost?** This camp is free.

### ◆ Trillium Childhood Cancer Support Centre

Toll free: 1-888-999-CAMP

Tel: 905-527-1992

Fax: 905-527-5314

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

Email: [reception@camptrillium.com](mailto:reception@camptrillium.com)

200 Main St. W

Hamilton, ON L8P 4Y4

**What is it?** The centre provides fun and healing for children with cancer and their families. Its programs include family camps, teen weekends, adolescent winter camps, and adventure programs.

**Who can use it?** Children living with cancer and their parents and siblings as well as families of children who have died of cancer.

**How do I get started?** You or your family can call for more information. Each family must complete a registration package. You complete some medical and waiver forms.

**Is there a cost?** This camp is free.



## Places to find books, pamphlets and videos

In addition to the Princess Margaret Hospital's Patient and Family Library (main floor atrium) and the Patient Education Network Web site (<http://www.uhn.ca/patient/pen/index.asp?nav=2;5.5>) you might also want to contact the following organizations.

### ◆ Childhood Cancer Foundation - Candlelighters Canada

Toll free: 1-800-363-1062

Tel: 416-489-6440

Fax: 416-489-9812

[www.candlelighters.ca](http://www.candlelighters.ca)

Email: [staff@candlelighters.ca](mailto:staff@candlelighters.ca)

55 Eglinton Ave. East, Suite 401

Toronto, ON M4P 1S8

### ◆ Canadian Cancer Society

Toll free: 1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)

Email: [toronto@ontario.cancer.ca](mailto:toronto@ontario.cancer.ca)

Central Toronto Unit: 20 Holly St. Suite 101  
Toronto, ON M4S 3B1  
Tel: 416-440-3330  
Fax: 416-485-0223  
[centor@ontario.cancer.ca](mailto:centor@ontario.cancer.ca)

Toronto West Unit: 5359 Dundas St. W. Suite 300  
Toronto, ON M9B 1B1  
Tel: 416-231-1118  
Fax: 416-231-1454  
[torontowest@ontario.cancer.ca](mailto:torontowest@ontario.cancer.ca)

North York Unit: 620 Wilson Ave. Suite 501  
(Wilson and Dufferin)  
Toronto, ON M3K 1Z3  
Tel: 416-638-0771  
Fax: 416-638-4154  
northyork@ontario.cancer.ca

Scarborough: 525 Markham Rd. Unit 4  
(just south of Lawrence)  
Scarborough, ON M1H 4H7  
Tel: 416-431-1800  
Fax: 416-431-1863  
scarborough@ontario.cancer.ca

You can also check the resources at your local public library and your local bookstore.



## Books and Videos for Teens and Young Adults

There is a lot of information available to read about cancer from a variety of sources. While much of the information may be accurate, it can be difficult to sort through what is and isn't accurate or a reliable or an unreliable source. Therefore, it is important to talk with your health care providers about information and questions you may have.

These resources reflect the opinions of their authors. They do not necessarily reflect the opinions of your doctor or health care team.

### Books

#### Help Yourself: Tips for Teenagers with Cancer

National Cancer Institute, 1990) Free. Call the Cancer Information Service at 1-888-939-3333.

#### Chicken Soup for the Teenage Soul: 101 Stories of Life, Love and Learning

(Jack Canfield, Mark Victor Hansen and Kimberly Kirbger, 1997) \$20.95 + shipping costs. Available through Candlelighters at 1-800-363-1062 or 416-489-6440 or your local bookstore.

#### Easy for You to Say: Q&A For Teen with Chronic Illness or Disability

(Miriam Kaufman, 1995) \$16.95 + shipping costs. Available through Candlelighters at 1-800-363-1062 or 416-489-6440 or your local bookstore.

## NO WAY, IT CAN'T BE: A Guidebook for Young Adults Facing Cancer

(Doug and Diana Ulman, 2004) Free. Contact the Ulman Cancer Fund for Young Adults toll free at 1-888-393-3863 or available online at: [www.ulmanfund.org](http://www.ulmanfund.org).

## **Videos**

### Something So Big (1993, 13 minutes)

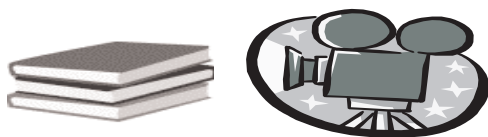
Adolescents between the ages of 13 and 20 years of age talk about their experience of living with cancer. They describe how friends, classmates and teacher responded to their situation. Approximately \$30.00 + shipping costs. Available through Candlelighters at 1-800-363-1062 or 416-489-6440.

### Just Kids (1997, 27 minutes)

The video is about four teens living with chronic illness. It focuses on the courage that keeps them going. Approximately \$30.00 + shipping costs. Available through Candlelighters at 1-800-363-1062 or 416-489-6440.

### My Hair is Falling Out Am I Still Pretty? (1992, 22 minutes)

The story of two children living with cancer who are roommates in the hospital. Told from the perspective of a doctor who had cancer as a child. The video also describes different tests, treatments and side effects. Approximately \$30.00 + shipping costs. Available through Candlelighters at 1-800-363-1062 or 416-489-6440.



## **Books and Videos for Family Members**

There is a lot of information available to read about cancer from a variety of sources. While much of the information may be accurate, it can be difficult to sort through what is and isn't accurate or a reliable or an unreliable source. Therefore, it is important to talk with your health care providers about information and questions you may have.

These resources reflect the opinions of their authors. They do not necessarily reflect the opinions of your doctor or health care team.

### ◆ **Books for Parents**

#### Children with Cancer: A Comprehensive Reference Guide for Parents

(Jeanne Munn Bracken, 1996) \$15.50 + shipping costs. Available through Candlelighters at 1-800-363-1062 or 416-489-6440 or your local bookstore.

#### Talking with Your Child About Cancer

(Canadian Cancer Society, 1993) Available online at:

[http://www.cancer.ca/vgn/images/portal/cit\\_86751114/36/8/157200017cw\\_library\\_talkingtoyourchild\\_en.pdf](http://www.cancer.ca/vgn/images/portal/cit_86751114/36/8/157200017cw_library_talkingtoyourchild_en.pdf) Free. Contact the Canadian Cancer Society at 1-888-939-3333.

#### Young People with Cancer: A Handbook for Parents (Canadian Cancer Society, 1995)

Available online at:

[http://www.cancer.ca/vgn/images/portal/cit\\_86751114/36/7/157346331cw\\_library\\_youngpeopleand-cancer\\_en.pdf](http://www.cancer.ca/vgn/images/portal/cit_86751114/36/7/157346331cw_library_youngpeopleand-cancer_en.pdf) Free. Contact the Canadian Cancer Society at 1-888-939-3333.

What You Really Need to Know About Cancer: A Comprehensive Guide for Patients & Their Families

(Robert Buckman, 1995) \$22.36. Check with your local bookstore.

◆ **Books for Siblings**

When your Brother or Sister Has Cancer

(Canadian Cancer Society, 1984) Free. Contact the Canadian Cancer Society at 416-488-5402 or 1-800-268-8874.

When Someone You Love Has Cancer(Canadian Cancer Society, 1992)

Available online at:

[http://www.cancer.ca/vgn/images/portal/cit\\_86751114/36/6/157346345cw\\_library\\_whensomeoneyoulove\\_en.pdf](http://www.cancer.ca/vgn/images/portal/cit_86751114/36/6/157346345cw_library_whensomeoneyoulove_en.pdf) Free. Contact the Canadian Cancer Society at 1-888-939-3333.

What About Me? When Brothers and Sisters Get Sick

(Allan Peterkin, 1992) \$14.95. Check with your local bookstore.

◆ **Videos**

Why Charlie Brown Why?

(Charles Shultz, 1995, 25 minutes) Janice, Linus's classmate, is diagnosed with leukemia. The film deals with her baldness, chemotherapy, blood tests, hospital visits and return to school. \$10.95 + shipping costs. Available through Candlelighters at 1-800-363-1062 or 416-489-6440.



## **Web sites**

There is a lot of information available on the internet about cancer from a variety of sources. While much of the information may be accurate, it can be difficult to sort through what is and isn't accurate or a reliable or an unreliable source. Therefore, it is important to talk with your health care providers about information and questions you may have. Please visit Princess Margaret Hospital's Patient and Family Library (main floor atrium) for help finding more sites.

These Web sites reflect the opinions of their authors. They do not necessarily reflect the opinions of your doctor or health care team.

### **2bMe**

<http://www.2bMe.org>

A non-medical public service by the Cosmetic, Toiletry and Fragrance Association (CTFA) and its partners to help teens aged 13 to 17 who have cancer deal with the appearance-related, social, and nutritional side effects of treatment.

### **CancerCare For Kids**

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

CancerCare provides telephone and online counseling support to children and teens with cancer, their parents and siblings. This Web site also has helpful information you and your family can download for free.

### **Cancer Source Kids**

[www.cancersourcekids.com/teens.cfm?usertypied=2](http://www.cancersourcekids.com/teens.cfm?usertypied=2)

Started in 2000 through a partnership with the Association of Pediatric Oncology Nurses (APON). APON materials were used to develop the medical information on the site. All of the medical information on the site has been reviewed by pediatric oncology nurses or doctors. This Web site provides children's cancer information in a fun and interactive manner. They provide information that you can read, interactive games and coping strategies. This site is also designed for kid with cancer as well as siblings of children with cancer.

### **CanTeen**

[www.canteen.com.au/](http://www.canteen.com.au/)

CanTeen is an Australian organization for young people living with cancer. It provides support and programs for young people ages 12 to 24.

## **Kids Health**

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

Created by The Nemours Foundation's Center for Children's Health Media it has information on the various aspects of growing up. It includes a personal story by a girl who has had cancer and a detailed area for cancer information. The information on this Web site has been doctor-approved. It has separate areas for kids, teens, and parents - each with its own design, age-appropriate content, and tone.

## **National Childhood Cancer Foundation and The Children's Oncology Group**

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

This Web site is a combined effort of the Children's Oncology Group (COG) and the National Childhood Cancer Foundation (NCCF). These organizations have a shared goal, which is to find a cure for childhood cancer. They conduct research and raise awareness so that they can get additional federal government funding for childhood cancer research and elevate childhood cancer to a national public policy priority.

## **Outlook: Life Beyond Childhood Cancer**

[www.outlook-life.org](http://www.outlook-life.org)

Outlook Life is an interactive Web site that addresses the needs of childhood cancer survivors and their families. The site includes personal stories. Patients currently undergoing treatment can find support there.

## **Planet Cancer: A World of Support For Young Adults with Cancer**

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

Dedicated to helping young adults deal with their diagnosis of cancer. This Web site provides a forum where you can post messages on various topics. The site has links to camps, cancer support groups, books and advice.

## **RealTime Cancer**

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

RealTime Cancer (RTC) helps young Canadian cancer patients between the ages of 15 to 30. The Web site and the organization offer inspiration, non-medical information and support. Through their on-line forums, called RTC portal, they are building an on-line support network for young Canadian cancer patients.

## **Rebounders Canada**

<http://www.rebounders.ca/>

Rebounders Canada is a grass-roots support group of adult survivors of childhood cancer. It was founded and is run by survivors. This Web site provides information on the type of support Rebounders

provides and general information about the organization.

### **SuperSibs!**

<http://www.supersibs.org/>

SuperSibs! helps siblings get the positive support they deserve. This non-profit organization helps children in the United States between the ages of 4 and 18 with a sibling who has been diagnosed with cancer. This Web site has information about the organization. You can also download free a Parent Guide and a sibling newsletter.

### **Teens Living with Cancer**

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

Teens Living with Cancer (TLC) provides information and is endorsed by the premier children's cooperative oncology research group in North America. It also provides effective psycho-social support designed to enhance a teen's quality of life, based on real-life experiences of teens with cancer, their families and friends.

### **The International Confederation of Childhood Cancer Parent Organizations**

[www.icccpo.org/resource\\_sites.html](http://www.icccpo.org/resource_sites.html)

This is an information page for parents of children with cancer. It has links to various cancer Web sites. The web page also has it also has comments about the Web site made by the Childhood Cancer Foundation - Candlelighters Canada.

### **The Royal Marsden's Information Page on Childhood Cancer**

[www.royalmarsden.org.uk/clinicalservices/clinicalunits/paediatric/booklets/quickguide\\_childrencancer.asp](http://www.royalmarsden.org.uk/clinicalservices/clinicalunits/paediatric/booklets/quickguide_childrencancer.asp)

The Royal Marsden is Europe's largest comprehensive cancer centre. It provides a detailed page about childhood cancer. They have also created a comic book character called Captain Chemo, created by one of The Royal Marsden's young patients, that provides a fun and interactive way to learn and deal with childhood cancer.

### **The Ulman Cancer Fund for Young Adults**

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

Created by young adult cancer survivor Doug Ulman and his mother, Diana Ulman, this organization's Web site has information on free support programs, education and resources for young adults, their families and friends.

## **Teenage Cancer Trust**

<http://www.teencancer.org/z/frames2.html>

Teenage Cancer Trust is a United Kingdom (UK) based Web site which has information for teenagers who are facing cancer. This is a fundraising organization dedicated to changing the UK health care system to better address the unique needs of teens.

## **Vital Options: Support For Young Adults With Cancer**

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

Vital Options was founded in 1983 as the first organization for young adults with cancer. Now in addition to serving as a resource for this special patient population, Vital Options provides a variety of cancer communications projects for patients of all ages and disease types, as well as for their families, friends and healthcare providers. In particular, The Group Room® radio show, a weekly syndicated cancer talk show that is also simulcast on the world wide web and XM Satellite.

## **Zaphealth**

<http://www.zaphealth.com>

A wonderful health education and prevention site for teenagers.

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