FINANCIAL RESOURCES AND OPPORTUNITIES

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OVERVIEW

- Health Insurance
- Scholarships
- Work
- Emotional Supports
- Fertility
- Fun Stuff
- Lists of Additional Resources
- Q & A
INSURANCE...DO I REALLY NEED IT?
WAYS TO STAY INSURED

College

Student Health Services

Many colleges offer student health plans. Check to see what type of coverage your school offers.

Employer

Many employers offer health insurance. Often need to be employed full-time in order to receive benefits.
WAYS TO STAY INSURED

Employment insurance
COBRA
Marketplace
Medicaid
HOW AM I SUPPOSED TO FIGURE ALL OF THIS OUT?

• State Health Insurance Benefits Advisors (SHIBA)  

• Washington Health Plan Finder  
  https://www.wahealthplanfinder.org/_content/Homepage.html

• National Coalition Cancer Survivorship  
  http://www.canceradvocacy.org/resources/health-insurance/
WHAT IF I DON’T LIVE IN WASHINGTON?

• State Healthcare Plans [https://www.healthcare.gov/](https://www.healthcare.gov/)

• Hospital Financial Counselor
WILL THE CANCER CARD HELP ME PAY FOR COLLEGE?
HOW DO I GET STARTED LOOKING FOR SCHOLARSHIPS?

• Fin Aid  
  http://www.finaid.org/scholarships/cancer.phtml

• FastWeb  http://www.fastweb.com/college-scholarships/articles/cancer-scholarships
TIPS FOR FINDING SCHOLARSHIPS FOR CANCER SURVIVORS

• Check eligibility requirements. Many are diagnosis, degree, location and age specific.

• Start looking early. Most scholarships require you to apply months before the school year starts.

• If you miss a deadline, try the following year.

• There are even a few scholarships for siblings or family members of people affected by cancer.
WILL CANCER AFFECT ME GETTING A JOB?
WILL CANCER AFFECT ME GETTING A JOB??

- Having had cancer can change your career goals
- Where have you shifted? Direction?
- No need to disclose right away
- ADA protect privacy rights
- May need to disclose if you require certain accommodations
Cancer and Careers

- General information on applying jobs.
- Tips for resumes and interviews.
- [http://www.cancerandcareers.org/en](http://www.cancerandcareers.org/en)

Cancer Legal Resource Center

- Information on legal rights at work.
- Support if you feel you are being discriminated against at work.
ADA, passed in 1990, prohibits job discrimination against people with disabilities. It requires employers to provide “reasonable accommodations” to disabled workers. Accommodations are agreed on between the employer and employee. They include such things as providing wheelchair access, adjusting scheduled work hours, or installing adaptive equipment such as a braille readers or large-button phones.
ADDITIONAL RESOURCES

- Washington State Division of Social and Health Services

- Division of Vocational Rehabilitation – “assist people with disabilities who want to work but face a substantial barrier to finding or keeping a job.”
  - [https://www.dshs.wa.gov/ra/division-vocational-rehabilitation](https://www.dshs.wa.gov/ra/division-vocational-rehabilitation)

- School Transition Counselor - “provide support and guidance to students with disabilities as they transition from high school to the work place.”
  - [https://www.dshs.wa.gov/ra/dvr/school-transition](https://www.dshs.wa.gov/ra/dvr/school-transition)
WHAT IF MY CANCER TREATMENT AFFECTED MY FERTILITY?
EDUCATIONAL AND FINANCIAL FERTILITY RESOURCES

• Fertility Within Reach  http://www.fertilitywithinreach.org/financial-assistance-grants/


BACK TO MY SO CALLED LIFE
AND FEELING LONELY
BACK TO LIFE

- Give yourself time...
- Body image issues
- Anxiety
- Depression
- Coping with uncertainty
- YA support group
- Private therapist
CANCER COMMUNITY

Local Supports

• Cancer Pathways (formerly Gilda’s club)  
  http://cancerpathways.org/

• Cancer Lifeline  
  http://www.cancerlifeline.org/

National Supports

• Cancer Care  
  http://www.cancercare.org/tagged/young_adults

• Critical Mass  
  http://criticalmass.org/

• Get Empowered  
  http://cancer.northwestern.edu/empowered/index.ctm

• Livestrong  
  https://www.livestrong.org/we-can-help/young-adults

• Stupid Cancer  
  http://www.stupidcancer.org/
FUN STUFF?
CAMPS

http://www.thegoodtimesproject.org/

http://www.campdreadmamak-a-dream
ADVENTURES FOR YOUNG ADULTS

http://firstdescents.org/
http://www.truenorthtreks.org/
http://www.athletes4cancer.org/
ADDITIONAL RESOURCES

- Team Survivor NW – women’s fitness and health programs
  [http://teamsurvivornw.org/](http://teamsurvivornw.org/)
- Epic Experience – week long camp for cancer thrivers
  [http://www.epicexperience.org/attend/](http://www.epicexperience.org/attend/)
- Exercise and Thrive – 12 week YMCA training
- 3 Little Birds 4 Life – young adult wish granting program
- Sam Fund – financial assistance young adults
- The Ulman Fund for Young Adults
  [http://ulmanfund.org/scholarships/](http://ulmanfund.org/scholarships/)
FINAL TIPS

• There’s a wealth of resources out there and most of it can be found by doing an internet search.
• If it gets overwhelming ask for help.
• Don’t let your insurance lapse, if you can help it.
• Attend your medical follow ups.
• Surviving/Thriving is ongoing. The physical and emotional effects of cancer can be felt throughout your life.
THANK YOU