

Checklist: Finding Help as a Parent with Cancer

Cancer is expensive. Navigating finances after a cancer diagnosis for parents with young children can be especially difficult. It can be helpful to keep an open mind when thinking about financial assistance. Although you may need one type of assistance, if you are able to get assistance in a different category, funds you have saved can be shifted. For example, if you have money for your gas bill, but not your rent, you may be able to get utility assistance and shift those funds to help you pay your rent. Be creative when looking for help. This Checklist has resources for parents with cancer to find help with certain expenses.

Family Resources

- Bright Spot Network provides support for young families dealing with cancer, through support groups, events, navigation, financial help, and more: www.brightspotnetwork.org
- **2-1-1** can connect you to resources for: basic human needs, such as help with food, clothing, rent, and utilities (e.g., gas, water, electricity; transportation to medical appointments; family support, such as childcare, after-school programs, tutoring, and more. 2-1-1 is available 24/7 in all 50 states, D.C., and Puerto Rico, but not in every city. Find your local area here: www.211.org/about-us/your-local-211

Childcare

- Local government programs may offer financial help for childcare. For example, the North Carolina Division of Child Development offers vouchers for subsidized childcare services.
- Get help with daycare: www.friendsofman.org
- Apply for financial help for women for home care, child care, and transportation: www.cancercare.org/financial/information
- Apply for Temporary Assistance for Needy Families for help with childcare and other expenses: www.acf.hhs.gov/ofa/programs/temporary-assistance-needy-families-tanf

Food and Meal Preparation

- Ask a friend or family member to set up a meal train: www.mealtrain.com
- Get help from family and friends with meals, groceries, and other needs: www.caringbridge.org
- Or set up a meal schedule with friends: <https://takethemameal.com>
- Request free meals prepared by local restaurants: <https://culinarycare.org>
- Check eligibility and apply for the Supplemental Nutrition Assistance Program: www.fns.usda.gov/snap/supplemental-nutrition-assistance-program
- Find your state and apply for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): www.fns.usda.gov/wic/program-contacts
- Apply for Free and Reduced-Price School Meals: www.fns.usda.gov/cn/applying-free-and-reduced-price-school-meals
- Search for other federal nutrition programs: www.ssa.gov/pubs/EN-05-10100.pdf
- Contact local nonprofit food banks: www.feedingamerica.org/find-your-local-foodbank

Transportation

- Use an app that can help schedule carpooling for children: www.gokid.mobi
- Coordinate rides with help from friends and family: www.carecalendar.org
- Check local transit systems to see if they provide free or discounted rates for low-income individuals and families. Some cities also offer bus passes, vouchers for taxi or ride-sharing services, or shuttle services for patients traveling to cancer treatments.

Housing, Utilities, & Housework

- Apply for an emergency relief grant: <https://familyreach.org/gethelp>
- Get help with housework: <https://cleaningforareason.org>
- Look for a housing assistance program, like vouchers, public housing, and privately-owned apartments with reduced rents:
- Find your local Public Housing Agency: www.hud.gov/program_offices/public_indian_housing/pha/contacts
- Look for privately owned apartments with reduced rents: www.hud.gov/topics/rental_assistance
- Apply for Section 8 Housing: www.hud.gov/topics/housing_choice_voucher_program_section_8
- Contact a HUD counseling agency at (800) 569-4287 or <https://apps.hud.gov/offices/hsg/sfh/hcc/hcs.cfm>
- Contact your utilities to see if they have assistance programs for low-income individuals and families.
- Get help with heating and electricity: www.acf.hhs.gov/ocs/low-income-home-energy-assistance-program-liheap
- Get help with your water and wastewater bill: www.acf.hhs.gov/ocs/map/lihwap-map-state-and-territory-contact-listing
- Find a discount on laptops, computers, tablets, and internet services: www.fcc.gov/acp

Camps & Special Times

- Enroll kids in a free activity program or camp at more than 130 locations: www.kesem.org
- Apply for a grant to fund extracurricular activities: <https://cancerfamilyrelieffund.org>
- Schedule staycations and vacations in DE, PA, NJ, NY, or MD: <https://takeabreakfromcancer.org>
- Attend a cost-free, three-day retreat in Scotts Valley, California: <https://me-onefoundation.org>



Education

- Read the Go-To Guide for College Financial Aid: <https://finaid.org>
- Apply for a scholarship for your child:
 - Canceling Cancer Scholarship: <https://doranandmurphy.com/2022-canceling-cancer-scholarship>
 - Jennifer Casey Alderman Scholarship Award: www.twistedpink.org/scholarship-awards
 - Mesothelioma Cancer Alliance Scholarship: mesothelioma.com/scholarship
 - Pink Ribbon Breast Cancer Scholarship Program: <https://pinkribbonrunning.org/scholarships>
 - The Shaundrika Taylor Cancer Foundation Scholarship: www.stcfinc.com/scholarships
 - Toby Merrill Scholarship: www.tobymerrillscholarship.org/
- Encourage your teen to apply for the Cancer Unwrapped Teen Writing Contest: <https://cancerpathways.org/programs/cancer-unwrapped>

Triage Cancer does not provide direct financial assistance. However, we do list financial assistance resources at TriageCancer.org/Cancer-Finances-Financial-Assistance. For information about other strategies for managing finances after a cancer diagnosis, visit: TriageCancer.org/Financial.