

Austin/Texas Resources

For clients or their family members with a Cancer diagnosis



Cancer Rehab & Integrative Medicine

Cancer Rehab and Integrative Medicine is Austin's first specialty oncology rehab and integrative medicine clinic. They offer services including physical therapy, lymphedema treatment, massage therapy, acupuncture, private yoga and pilates sessions, nutritional consultations, counseling and coaching, esthetics (skincare) services, aromatherapy consults and exercise classes and seminars.

4130 Spicewood Springs Road, Austin, TX 78759

(P) 737-237-5656 (F) 737-237-5657

<http://www.cancerrehabaustin.com/>

Flatwater Foundation

Connects clients with a Cancer diagnosis to a network of therapists and covers the cost of treatment for as long as therapeutic support is needed.

<https://www.flatwaterfoundation.org>

info@flatwaterfoundation.org

(512) 553-2010

3575 Far West Blvd #29810 Austin, TX 78731

Cancer Treatment Centers

- MD Anderson

Their website provides detailed information regarding the newest forms of treatment and the research behind it. You can also request an appointment at one of their locations by calling or clicking the link. The website gives you an option also to ask a question to be answered by a knowledgeable staff member.

<https://www.mdanderson.org/about-md-anderson/our-locations.html>

tel:888-390-6672

- Texas Oncology

Central Austin: (512) 427-9400

South Austin: (512) 447-2202

Midtown Austin: (512) 421-4100

North Austin: (512) 873-8900

Cedar Park: (512) 260-6050

<http://www.texasoncology.com/>

- Austin Cancer Center

<http://austincancercenters.com/>

- Scott & White Cancer Institute

<http://www.sw.org/cancer-institute/cancer-landing>

- Livestrong Cancer Institute

<https://dellmed.utexas.edu/units/livestrong-cancer-institutes>

Databases/organizations for financial assistance & other resources

- Emergency Cancer Relief Fund- through the HealthWell Foundation Ph: (800) 675- 8416
grants@HealthWellfoundation.org
- cancer.net -List of resources for financial assistance
- Cancer Financial Assistance Coalition (CFAC) is a group of national organizations that provide financial help to patients. CFAC provides a searchable database of financial resources.
<https://www.cancerfac.org/>
- CancerCare (800) 813-4673. Provides limited financial assistance for co-pays, transportation, home care, and child

care. It also provides a list of sources for financial assistance and a database of organizations providing financial or practical help.

Travel Assistance

- **Angel Flight East** (215-358-1900) is a 501(C)(3) nonprofit organization dedicated to serving the community by facilitating free air transportation for children and adults with medical conditions who need to get to treatment far from home. <https://angelflighteast.org/about/fast-facts/>
- **Corporate Angel Network** (914-328-1313) arranges free air transportation for people with cancer traveling to treatment using empty seats on private and corporate jets. <http://www.corpangelnetwork.org/#/home>
- **Air Care Alliance** (888-260-9707) offers a central listing of free transportation services provided by volunteer pilots and charitable aviation groups. <http://www.aircarealliance.org/>
- **Angel Airline Samaritans** facilitates no-cost or reduced rate commercial airline tickets to and from distant specialized medical evaluations or treatments for people with cancer in need and their families. <https://angelairlinesamaritans.org>

Housing Assistance

- **Healthcare Hospitality Network** (800-542-9730) is an association of more than 200 nonprofit organizations that provide lodging and support services to patients, families, and their loved ones who are receiving medical treatment away from home. www.hhnetwork.org
- The American Cancer Society's **Hope Lodge** (800-227-2345) gives people with cancer and their caregivers a free place to stay while receiving treatment in another city. Currently, there are 30 Hope Lodge locations throughout the United States and Puerto Rico.

<https://www.cancer.org/treatment/support-programs-and-services/patient-lodging/hope-lodge/>

- **Joe's House** (877-563-7468) is a nonprofit organization providing a nation-wide online service that helps people with cancer and their families find a place to stay when traveling away from home for medical treatment.
www.joeshouse.org
- **Ronald McDonald House Charities** (630-623-7048) offer free or reduced-cost lodging for families of seriously ill children who are receiving treatment at nearby hospitals.

Medication & Treatment Cost Assistance

- The **Assist Fund** (855-845-3663) provides financial support to chronically ill patients with high-cost medications.
- **Good Days** (877-968-7233) provides financial support by covering co-pays for those with life-altering conditions.
- **NeedyMeds.com** (800-503-6897) is dedicated to helping people locate assistance programs to help them afford their medications and other healthcare costs.
- **Partnership for Prescription Assistance** helps qualifying patients who lack prescription drug coverage obtain the medications they need.
- The **Patient Access Network Foundation** (866-316-7263) assists patients with out-of-pocket costs associated with their treatment.
- **Patient Services, Inc.** (800-366-7741) provides assistance with insurance premiums and co-payments for people with chronic diseases.
- **RxHope.com** helps patients obtain free or low-cost prescription medications.

General Financial Help

- The American Childhood Cancer Organization maintains a list of organizations offering financial assistance.
<https://www.acco.org/>
- The **Patient Advocate Foundation** (800-532-5274) provides education, legal counseling, and referrals for people with cancer who need assistance managing insurance, financial, debt crisis, and job discrimination issues. It also provides **co-pay assistance** and **financial aid** for eligible patients.
www.patientadvocate.org
- **Cancer Family Relief Fund** is a charitable organization that encourages and facilitates grants to children whose parent or guardian is struggling with a diagnosis of cancer. These grants support the children's extracurricular activities so that they may feel some sense of normalcy as their parent focuses on treatment and recovery.
www.cancerfamilyrelieffund.org

Physical activity & exercise classes

- Livestrong YMCA Cancer Survivor Program
<http://www.austinyymca.org/programs/ymca-cancer-survivor-program>
- Capital of Texas Team Survivor
www.teamsurvivoraustin.org
- Pilates for Cancer Thrivers, Survivors and Caregivers
<http://www.cancerrehabaustin.com/news/>
- Yoga for Cancer Survivors at Yoga Yoga
www.yogayoga.com
- Private Yoga Sessions with Emily Strong
iemstrong.com
- Yoga for Cancer Thrivers, Survivors, and Caregivers

<http://www.cancerrehabaustin.com/news/>

Oncology Dietitians

- Dr. Krystle Zuniga, PhD, RD with ZNutrition

<http://www.cancerrehabaustin.com/nutrition/>

- Sparkman Nutrition

<http://sparkmannutrition.com/>

- Cancer Care Collaborative

<https://www.seton.net/medical-services-and-programs/cancer-care/cancer-care-collaborative/services/nutrition/>

- Directory of local Dietitians: <http://www.eatright.org/find-an-expert>.

(You can put in the zip code and then refine search to look for those with oncology specialty.)

- Cooking with Cancer (Cooking Classes through Sustainable Food Center)

<http://sustainablefoodcenter.org/latest/cooking/cooking-with-cancer>

Meditation, Wellness & Healing

- Art Classes for Survivors

Shefali O'Hara - Email: shefali.ohara@gmail.com

- Coaching Services

Anita Lane CPC - Website: <http://anitacoaching.com/>

- Soul Sparks

<http://soulsparks.com/>

Support & Resource Centers

- Breast Cancer Resource Center

<https://bcrc.org/>

- Wonders and Worries

(professional child support through parent illness)

<https://www.wondersandworries.org/>

- Re:Cancer

<http://regardingcancer.org/>

- American Cancer Society Local Chapter

<https://www.cancer.org/about-us/local/texas.html>

- US Too Austin

(prostate cancer support group)

www.USToo.org

- CareBox

(Free medical supplies donated and delivered to your home)

<http://careboxprogram.org/>

- Neuropathy Alliance of Texas

<https://neuropathyalliancetx.org/>

- Austin Mental Wellness Support Groups

<https://austinmentalwellness.com/>

- Livestrong

<http://www.livestrong.com/>

- Care Communities

<http://carecommunities.org/>

- Healing Strong: Natural Healing Support Through Community

healingstrong.org

- Leukemia and Lymphoma Society

<https://www.lls.org/>

- Testicular Cancer Foundation

<https://testicularcancer.org/>

- The Pleural Mesothelioma Center

<https://www.pleuralmesothelioma.com/cancer/>

- Mesothelioma Guide

<https://www.mesotheliomaguide.com/mesothelioma/>

- Mesothelioma in Veterans

MesotheliomaVeterans.org

Appearance & Comfort

- Heal in Comfort Recovery shirt

(treatment recovery shirts)

<https://www.healincomfort.com/>

- Abba Wigs

<http://www.abbawigs.com>

- Look Good Feel Better

(helps people w/ cancer deal w/ the appearance side effects of cancer)

<http://lookgoodfeelbetter.org/>

Certified Oncology Esthetician

- Samantha Kool

<http://www.cancerrehabaustin.com/esthetics>

Certified Aromatherapist

- Catherine Winslow

<http://www.cancerrehabaustin.com/aromatherapy>

Compression Garment Vendors

- P&H Services

www.phservnet.com

- Comfort Store

<http://thecomfortstoreonline.com/>

- Petticoat Fair

(Bras and Intimate Apparel)

<http://petticoatfair.com/>

- Nordstrom Breast Prosthesis Program

<http://shop.nordstrom.com/c/breast-prosthesis-program>

Mental Health

- Shannon Prescher

<https://bloomtherapyaustin.com/>

- Linda Brase M.A., LPC

www.lindabrase.com

- Kelly Inselmann, LCSW, E-RYT, CGP

<http://yogaandtalk.com/>

- Patricia Walker LMFT

<http://patriciawalkercounselor.com/>

- Emily Schottman LPC

www.austinmentalwellness.com

- Barbara Jo Stetzelberger LCSW, BC-DMT

<http://www.mindbodyfit.com/>

- Sandra Bravo, LPC

www.sandrabravo.org

- The Flatwater Foundation:

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

Sexual Health Specialists

- Shelley L Imholte LCSW, M.Ed, PhD

www.sexuallifeimprovement.com

- Tiffany Stanley MA, NCC, CST, LPC-S

www.tiffanystanleytherapy.com

Breast Reconstruction Specialists (w/lymphatic surgery specializations)

- Dr. Elisabeth Potter

<https://drpotter.com/>

- Dr. Christine Fisher

<http://christinefishermd.com/>