



Health Care Alert

A QUARTERLY PUBLICATION PROVIDING TIPS FOR INDIVIDUALS WITH MENTAL RETARDATION AND THEIR SUPPORT TEAMS IN ACCESSING HEALTH CARE THROUGH THE MANAGED CARE SYSTEM

Community Outreach Initiative

Why is this important for you?

As you may know, Philadelphia Coordinated Health Care (PCHC) has recently transitioned the Health Care Technical Assistant (HCTA) Department to the Health Care Community Outreach (HCCO) Department. The main goal is to build relationships with community health organizations and raise awareness of the need to service individuals with intellectual disabilities. We hope to increase opportunities for people with intellectual disabilities to use the full range of community health services.

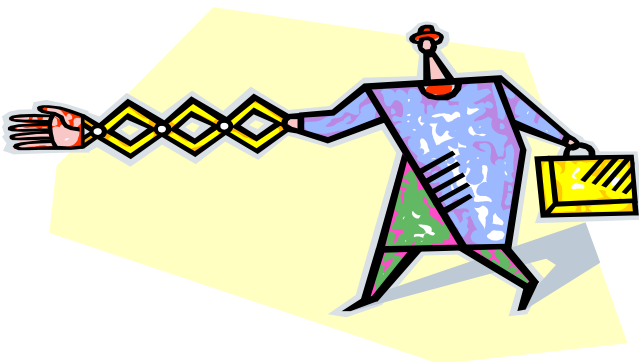
One of our new initiatives is a joint project with the American Cancer Society (ACS). The Health Care Community Outreach Department is working in conjunction with a representative from ACS to educate individuals, their families and staff about the different types of programs offered to those diagnosed with cancer. Below are some adapted articles from The American Cancer Society with valuable information and resources.

Why are we doing this?

The purpose of this first publication is to let individuals, families, agencies, and support coordinators know about these programs. PCHC will be working with the American Cancer Society (ACS) to make sure people with intellectual disabilities are welcomed. This information is invaluable to staff and families who may be looking for ways to support individuals diagnosed. It also provides supports coordinators and nurses additional community resources and programs to contact for help.

Please contact ACS directly for more specific information or questions regarding any of the programs listed at 1-888-227-5445 Monday-Friday 8:30 am to 4:30 pm.

Look for similar joint articles and newsletters from other community health organizations in future issues of the PCHC Health Care Alert.



The information presented to you is to increase your awareness of health conditions. It is not intended to replace medical advice. Please seek the advice of a physician for any health related concerns.

Do you or someone you know have cancer?

Let American Cancer Society Help!

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy, and service.

For up to date cancer information, assistance and services 24 hours a day, 7 days a week, contact the American Cancer Society at 1-800-ACS-2345 or www.cancer.org



Programs in your community:

I Can Cope

I Can Cope (ICC) is a series of 90 minute educational classes for newly diagnosed patients and their caregivers that provides comprehensive information about cancer, cancer treatment, managing side effects, interacting with the health care team, communications, relationships, resources and other matters of concern for patients and families dealing with cancer.

Topics include:

- X Learning About Cancer
- X Understanding Cancer Treatments
- X Managing the Effects of Illness and Treatment
- X Keeping Well in Mind and Body
- X Communicating Concerns and Feelings.
- X Exploring Self-Esteem and Intimacy
- X Mobilizing Resources and Support
- X Celebrating Life
- X Managing Cancer Related Fatigue
- X Relieving Cancer Pain
- X Nutrition During Cancer Treatment
- X Taking Charge of Money Matters

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Look Good...Feel Better

Look Good...Feel Better (LGFB) is a 90 minute workshop in which specially trained volunteer beauty professionals teach women undergoing cancer treatment how to care for changes in skin and hair that may occur. LGFB is a collaborative effort between the ACS, the National Cosmetology Association and the Cosmetic, Fragrance and Toiletries Foundation. It is also available in Spanish. For workshop calendar information call Maria 215-985-5330.



Man to Man

Man to Man are monthly meetings that provide one-on-one or group support for men coping with prostate cancer and their caregivers. These self-help groups provide education, guest speakers, and the opportunity to network

with others who have the same diagnosis. There are currently 17 hospitals in the southeast region that offer Man to Man self-help groups. For locations near you call 1-888-227-5445.

Buddy Programs for Newly Diagnosed Patients and Their Caregivers:

What is a Buddy Program?

A Buddy Program is a one-to-one peer support program for individuals dealing with cancer, in which trained survivors and family members provide support and practical information. Matches may be by type of cancer, treatment or social situation, based on the caller's preference. The American Cancer Society offers 2 special buddy programs for patients and/or caregivers.

CanSurmount

CanSurmount is a one-to-one peer support program for individuals dealing with any type of cancer, in which trained survivors and family members provide support and practical information to patients or to new caretakers. Matches may be by type of cancer, treatment or social situation, based on the caller's preference.

Reach to Recovery

Reach to Recovery (Reach) is a program exclusively for breast cancer patients in which trained volunteers who are breast cancer survivors offer practical tips on self-care and a listening ear to anyone with breast cancer at diagnosis, during treatment, and beyond. To refer patients to a Buddy Program, call our patient service center 1-888-227-5445.

Financial Help and Transportation Close to Home:

Road to Recovery

The Road to Recovery (Road) program provides cancer patients with free transportation to and from their out patient cancer treatments.

Cancer Medication Assistance

This program that provides limited financial assistance for cancer-related prescription drugs. For information about how to apply for a financial grant, please call us at: 1-800-ACS-2345.

Medical Equipment and Supplies

This program assists with the purchase or short-term rental of such equipment as wheelchairs, hospital beds, commodes and walkers, and such items as dressings, laryngectomy bibs, bedpads and ostomy supplies. To learn more about how to receive financial help for medical equipment, please call us at 1-800-ACS-2345.



We need your input!

Join us for the
**"1st SE Region Nursing Forum
Task Force Meeting"**

On Wednesday, February 21, 2007

From 10 am to 12 noon

At

Philadelphia Coordinated Health Care
123 South Broad Street, 22nd floor
Philadelphia, PA 19109

**Please RSVP to Marie Devlin at
215-546-0300 extension 3220**



Philadelphia Coordinated Health Care

123 S. Broad Street ♦ Philadelphia, PA 19109 ♦ 215-546-0300 ♦ fax 215-790-4976

PCHC is a core program of PMHCC, Inc.