



**Mount
Sinai**

Transportation

If you have been diagnosed with cancer, you will likely have many doctor's appointments, scans, blood tests and treatments – sometimes at different locations both near and far to your home. These medical appointments may continue after treatment ends. You may also need transportation to get to the store, church or synagogue or to community agencies to participate in support programs.

Getting to appointments can be challenging for many reasons. If you are going for radiation therapy, you may find it challenging to get a ride to therapy on a daily basis for several weeks. Public transportation can be difficult to navigate if you are feeling weak or ill. Some people travel long distances for cancer treatment and the cost of gas and parking can add to already strained finances. Maybe you have a car but don't feel up to driving and need help getting to and from treatment. Even though getting to all these appointments is a challenge, it is critical that you do your best to keep all your scheduled treatments and medical visits so that you can keep your treatment on track.

The first place to start if you need help with transportation is often with your family and friends. Asking and sign up for times they are available. Check out these websites for more information:

- Lotsa Helping Hands: www.lotsahelpinghands.com
- MyLifeline: www.mylifeline.org
- Caring Bridge: www.caringbridge.org

Faith-based organizations may also have volunteers who can help with transportation. Ask your oncologist or nurse if there is an oncology social worker or navigator who can help you find local transportation assistance. If you are disabled or a senior citizen, some city, county and state agencies can often arrange for low-cost or free local transportation. Some pharmaceutical companies have patient assistance programs that provide gas cards or reimbursement for travel for specific treatments.

- CancerCare: (800) 813-4673
- Access-A-Ride: (877) 337-2017 For New York residents only

If you need lodging near a treatment center, Joe's House, (877) 563-7468, www.joeshouse.org is nonprofit organization providing a nationwide list of places to stay to assist cancer patients and their families in finding housing.