

Why Should You Talk to Your Cancer Care Team About Your Basic Needs?

Stable housing, healthy food, working utilities, and reliable transportation are not “extras” — **they are essential to cancer treatment**. They keep your body strong, reduce stress, and help you stick to your care plan.

Talking about your basic needs is a step toward better health. Here’s what to keep in mind when bringing this up with your care team:

01

You’re not alone

Many people going through cancer treatment face the same challenges. Among the patients we support:

62%

didn’t have reliable transportation to treatment

59%

struggled to afford food

54%

were behind on utility bills

45%

had lost or were at risk of losing their home

02

It's ok to feel unsure

Many people are hesitant to speak up. You might feel:

- Embarrassed to talk about financial struggles
- Unsure if you can trust your healthcare team
- Worried that your team will treat you differently because you asked for help

03

They can help if they know what you're going through

Letting your care team know about challenges with food, housing, transportation, or utilities is the first step to getting help.

You could try saying, *"It's been hard to focus on my treatment because I'm having trouble with housing/food/utilities. How can I get help with that?"*

Visit [FamilyReach.org/resources](https://www.familyreach.org/resources) for more tips on how to start the conversation.



"Sometimes we let our pride get in the way, and we're understandably protective of what we're going through — but a closed mouth doesn't get fed. I knew there had to be help out there, and I'm so grateful I found it."
— Nicole

04

There are many people to talk to

If you run out of time during your appointment or don't feel heard or supported, try speaking with someone else on your care team. This could be a social worker, nurse navigator, or resource specialist.

You can say, *"I'd love to talk with someone on your team who specializes in financial support or resource navigation. Who would you recommend I connect with?"*

05

Help is out there

Family Reach's Financial Resource Center is always there for you. At **FamilyReach.org/gethelp**, you can:

- Enter your zip code to find local and national support programs
- Connect one-on-one with a Resource Navigator
- Access financial tips and guidance
- Work with your healthcare provider to apply for available financial assistance for help