

Lung Cancer Education: Survivorship

The American Lung Association is committed to improving outcomes and quality of life for people living with lung cancer. Survivorship is a lifelong journey that begins the moment anyone is diagnosed with lung cancer, and includes physical healing, emotional well-being, and access to trusted information and community support. This resource guide brings together evidence-based resources to help survivors and caregivers navigate life during and after treatment. Whether you are newly finished with treatment, living with lung cancer long-term, or supporting someone you love, this one-stop shop is designed to empower you with knowledge, connection, and hope.

Lung Health Navigators: Navigators provide FREE personalized support for people living with lung cancer, COPD and asthma. We help you navigate the healthcare system, understand your diagnosis and get the right resources throughout your health journey. The Lung Association's Lung Health Navigators (LHNs) are dedicated to ensuring that everyone has equal access to potentially life-saving lung cancer screenings and lung cancer education. LHNs work one-on-one with individuals to encourage continued commitment and adherence to medical treatment, access to social services, improved communication, and prompt re-engagement in care. The free service is available to all US residents and offers essential navigation services, including:

- Determining an individual's eligibility for a LDCT, or addressing eligibility concerns
- Providing support in locating a local screening center
- Providing guidance in scheduling and obtaining an order for a LDCT from a primary care provider, and providing follow-ups and continued guidance if diagnosed
- Finding local transportation and screening assistance
- Facilitate tobacco cessation referrals to state Tobacco QuitLines, if appropriate

We strive to eliminate and close the gap on health disparities that nationwide and our LHNs do this through Assessing, Reducing, and Providing individualized support to those who need it. Visit [Lung.org/lcs-assistance](https://www.lung.org/lcs-assistance) to learn more.

Patient and Caregiver Network: The Patient & Caregiver Network is a nationwide, online support program providing direct access to lung disease management tools, education, and connection to other patients and caregivers. Visit [Lung.org/patient-caregiver-network](https://www.lung.org/patient-caregiver-network) to learn more.

Inspire Online Support Communities: The American Lung Association is proud to support several free online communities on Inspire.com for people facing lung disease. These free online communities offer peer-to-peer support so you can connect with people who are in your shoes. You can start or respond to threads on the communities, upload photos and search for specific topics to find other members who share the same interests. To become a member of Inspire you need to register for an account. Visit the community below that best suits your needs:

- [Lung Cancer Survivors](https://www.inspire.com/groups/lung-cancer-survivors)
- [Exon 20 Warriors](https://www.inspire.com/groups/exon-20-warriors)

Lung Cancer Mentor Program: We've partnered with [Imerman Angels](https://www.imermanangels.com) to match mentors, also known as Mentor Angels, with those facing lung cancer. You can sign up to seek support from someone who has been in your shoes OR you can sign up to become a mentor and offer support to another person facing lung cancer. Learn more by visiting [lung.org/help-support/patient-caregiver-network/lung-cancer-mentor](https://www.lung.org/help-support/patient-caregiver-network/lung-cancer-mentor)

Lung Cancer Basics Training Course: [Lung Cancer Basics](#) is a free online learning module designed to lay the foundation in understanding lung cancer causes and risk factors, prevention, and symptoms. The course also includes comprehensive resources, including supplemental videos, webpages, and glossary terms to enhance the viewers learning experience.

By the end of the course, participants will be able to:

- Identify risk factors of lung cancer
- Recognize when to see a healthcare professional and get screened for lung cancer
- Describe what lung cancer is, the different types of lung cancer, and how lung cancer spreads in the body
- Understand lung cancer procedures and treatment options
- Acknowledge and reduce the stigma associated with a lung cancer diagnosis

The program is ideal for those at high-risk for developing lung cancer, lung cancer patients and caregivers, healthcare professionals, and community-based organization staff.

Lung Cancer Support Group Facilitator Training: The [Lung Cancer Support Group Facilitator](#) program prepares interested support group facilitators with the knowledge and the necessary tools needed to successfully host and facilitate monthly support group meetings for lung cancer survivors and caregivers.

The training is available through the Lung Association to health professionals, as well as organizations and individuals interested in serving as certified facilitators for the program. After completing the support group training, facilitators will be able to establish, facilitate, and sustain a Lung Cancer Support Group. A Certified Facilitator:

- Wants to help lung cancer patients and their caregivers learn to better manage their disease
- Can relate to patients, offer support for their concerns, and refer them for any extra help they may need
- Helps members participating in Lung Cancer support groups improve their quality of life

Some knowledge and experience with lung cancer is preferred but not required. If you are interested in taking the Lung Cancer Facilitator Training, please contact luncancersupportgroups@lung.org and request an enrollment key.

Additional Webpage Resources:

- [Living with Lung Cancer | American Lung Association](#)
- [Coping with Emotions When You Have Lung Cancer | American Lung Association](#)
- [Lung Cancer Caregivers | American Lung Association](#)
- [Planning for Life with Lung Cancer | American Lung Association](#)

To learn more about any of these programs and resources, email the Lung Cancer Education Team at LungCancerEducation@lung.org.