

Getting to Know Ulman Foundation

When was Ulman Foundation founded?

Ulman Foundation was founded in 1997 by Doug Ulman and his family after Doug was diagnosed with cancer at age 19. Their mission was – and still is – to ensure that no young adult faces cancer alone.

What does Ulman Foundation do?

Ulman Foundation provides free, life-changing support to adolescents and young adults (AYA) ages 15–39 impacted by cancer. We help patients and their families navigate the emotional, psychological, logistical, and practical challenges of a diagnosis through in-hospital and remote patient navigation, free lodging at Ulman House, community programs, and advocacy and awareness initiatives.

Who does Ulman Foundation serve?

We serve adolescent and young adult cancer patients, survivors, and their loved ones, regardless of diagnosis stage, treatment location, or background. Our programs are available in Baltimore, across Maryland, and virtually nationwide.

Why is Ulman Foundation relevant?

The healthcare system was never designed for young adults with cancer—it focuses on children on one end and older adults on the other. For adolescents and young adults, a cancer diagnosis collides with pivotal life moments like finishing school, building a career, gaining independence, and starting families. These patients face unique medical, emotional, and financial challenges that are often overlooked. Without organizations like Ulman, too many young adults are left to navigate cancer alone, without the specialized support they need and deserve.

How many people does Ulman Foundation serve each year?

Each year, Ulman supports more than 1,000 young adult cancer patients, survivors, and their loved ones.

Inside Ulman Programs

What is patient navigation?

Patient navigation is a free service that pairs each individual with a dedicated navigator who provides personalized emotional support, helps coordinate care, connects patients and families to resources, and guides access to financial, transportation, housing, and young adult-specific programs.

What is Ulman House?

Ulman House is a home away from home for cancer patients and their caregivers traveling to Baltimore for treatment. Guests stay free of charge in a supportive, community-oriented environment designed to reduce the financial and emotional stress of finding housing during treatment.

What are Ulman Foundation's other programs?

Ulman offers free programs that foster connection, resilience, and community for young adults with cancer and their loved ones:

- Support Groups – Safe spaces for sharing and support
- Cancer to 5K – Free training to rebuild strength and confidence
- Wellness & Peer Programs – Activities, art, meet-ups, and exercise-based support
- Advocacy & Awareness – Elevating young adult voices and critical needs

How much do Ulman Foundation's services cost?

All of Ulman's programs are offered completely free of charge thanks to the generosity of our donors, partners, and fundraisers. Together, we have saved patients and families tens of millions in lodging costs and reduced out-of-pocket expenses, and delivered immeasurable benefits: improved health, greater access to care, and a better quality of life.

Are Ulman's programs only for people in Baltimore?

No. While Ulman House and some programs are based in Baltimore, our reach is global—serving patients from 9+ countries, 20+ states, and across Maryland through virtual navigation, in-person and hybrid program options.

Your Guide to Beyond Cancer

What is the goal of Ulman Foundation's Beyond Cancer Capital Campaign?

The campaign seeks to raise \$10 million by 2029 to transform care for young adults with cancer. Funds will expand patient navigation, housing, and wellness services, while securing Ulman's future through capital investments and financial sustainability.

Why is this campaign necessary now?

Young adults face rising healthcare costs, food insecurity, and a growing mental health crisis, all while cancer remains their top disease-related killer. This campaign ensures Ulman can urgently expand services and close critical gaps in age-specific cancer care.

How will the funds be allocated?

Campaign funds will drive impact across three pillars: Service & Care Programs (\$3.6M), expanding navigation, housing, and nutrition; Capital Investments (\$3.6M), enhancing Ulman House and creating a wellness center; and Financial Sustainability (\$2.8M), growing the endowment and eliminating debt.

What impact will this campaign have on young adult cancer patients?

The campaign will increase patient reach by 125%, serving 1,250 more young adults each year. It expands housing, integrates mental health and nutrition services, and reduces barriers to care—improving health outcomes, emotional support, and quality of life.

How can I help beyond financial contributions?

Support goes beyond dollars—become a campaign ambassador, share Ulman's story, host a fundraising event, connect new donors, or volunteer at Ulman House. Every act of support helps ensure no young adult faces cancer alone.

How can I help beyond financial contributions?

Support goes beyond dollars—become a campaign ambassador, share Ulman's story, host a fundraising event, connect new donors, or volunteer at Ulman House. Every act of support helps ensure no young adult faces cancer alone.