Cancer Services

A guide to support services for Victorians affected by cancer.

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Acknowledgements

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Note to reader

All care is taken to ensure that the information in this booklet is accurate at the time of publication. Please note that inclusion of a service in this directory does not imply any endorsement or association of that service by Cancer Council Victoria. This booklet provides services and organisations that may be of assistance to those affected by cancer, and should not be considered exhaustive.

Always obtain independent advice relevant to your specific situation from appropriate professionals. You may wish to discuss any organisations listed in reference to your own situation. Always consult your doctor about matters that affect your health, legal matters with a lawyer or legal advisor and a financial advisor or financial counsellor about matters concerning your finances. Please note that laws, regulations and entitlements that affect people with cancer may change. Cancer Council Victoria excludes all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this booklet.

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The front cover incorporates our commissioned Aboriginal artwork by Dixon Patten Jnr – Yorta Yorta and Gunnai. For the full artist description visit: cancervic.org.au/dixon-patten
Introduction

Finding the right support when you need it most is important to your overall wellbeing as you manage the news of a diagnosis, treatment and life after cancer.

A wide range of services exist to support you. We have designed this guide as a useful way to find services that suit your personal situation. Your needs are likely to change over time, for this reason we have included services that provide support at various stages of a cancer experience. Importantly, many of these services are also available to friends, family and carers.

This guide lists services in sections based on the type of support offered, whether it be health services and information, practical support or health and wellbeing.

If you can’t find what you are looking for or require more information, simply call our experienced and understanding cancer nurses on 13 11 20 or email askanurse@cancervic.org.au. The nurses complement the care provided by your treatment team and are available Monday–Friday 9am–5pm. If you require information and support in your own language, call 13 14 50 and ask to contact Cancer Council Victoria.

Although most services and programs listed can be accessed without a referral, it is important to speak with your treatment team about any concerns you have and they can ensure you are receiving the most appropriate care.
Contents

Health services and information

Treatment centres ........................................................................................................ 6
Palliative care ........................................................................................................... 18
Information about cancer ...................................................................................... 20
Clinical trials and research .................................................................................. 26
Genetics and risk .................................................................................................... 30
Aboriginal and/or Torres Strait Islander Peoples .............................................. 33
Multicultural health and wellbeing .................................................................... 37

Practical support

Support organisations by cancer type ............................................................... 42
Support for carers ............................................................................................... 47
Children and families ......................................................................................... 51
Employment, financial and legal ........................................................................ 53
Accommodation and transport .......................................................................... 62
Support at home ................................................................................................. 66
Prostheses and personal care aids ..................................................................... 68
Support in your local area .................................................................................. 70
Facing end of life and bereavement ................................................................... 73
Health and wellbeing

Physical health and wellbeing ................................................................. 76
Emotional support ............................................................................. 80
Fertility ............................................................................................... 88
Complementary therapies .................................................................. 90
Health and wellbeing after cancer ...................................................... 95
Supporting those affected by cancer

Cancer Council Victoria offers a range of services and programs to improve the quality of life of Victorians affected by cancer.

Information and education

• Information and support from experienced and understanding cancer nurses available over the phone and email.

• A range of over 80 booklets, factsheets, DVDs and CDs exploring topics and issues faced by those affected by cancer.

• The Living with Cancer Education Program empowering people affected by cancer with useful skills and information.

• The Wellness and Life after Cancer Education Program supporting people as they make the transition to life after treatment.

• The Victorian Clinical Trials Link, a searchable database of all cancer clinical trials in Victoria.

Practical support

• Pro bono (no fee) services delivered by volunteer professionals experienced in legal, financial, workplace and small business issues.*

• Small one-off financial grants to cover everyday costs such as buying groceries or paying phone bills.*
Health and wellbeing

• Free confidential counselling.
• Free wigs fitted by a cancer nurse.*
• Free holiday breaks with loved ones.*
• Cancer support groups – face-to-face, internet and telephone.
• Phone support from people who have been through a similar experience.
• Healthy Living after Cancer telephone coaching.

*Eligibility criteria apply

Speak with one of our cancer nurses who can connect you with our services and others available in Victoria. The nurses provide reliable information and emotional and practical support at any stage of a cancer diagnosis, treatment and recovery.

Ways to connect with cancer information and support

To speak with a cancer nurse call 13 11 20, 9am–5pm, Monday to Friday.

For other languages, call 13 14 50 and ask to speak to Cancer Council Victoria.


Visit cancervic.org.au.
Treatment centres

Cancer treatment centres are located throughout metropolitan Melbourne and regional Victoria.

Some treatment centres specialise in particular treatments or cancer types. In regional areas it may be necessary to travel to a larger regional or even a metropolitan hospital to receive the treatment you need. Your doctor will refer you to the closest centre that offers the treatment you need.

You can choose to be treated in a private or public hospital. If you would like treatment at a private hospital, ask your doctor to recommend one.

Across Victoria the delivery of cancer treatment is constantly improving as treatment centres are opened or upgraded. This list is a useful starting point. Speak with your specialist who can refer you to the closest centre that offers the treatment most appropriate to your situation.

Need more information?

Cancer Council Victoria offers a range of booklets and factsheets you may find useful:

- Cancer Care and Your Rights
- Patient Transport
- Understanding Chemotherapy
- Understanding Clinical Trials and Research
- Understanding Immunotherapy
- Understanding Radiotherapy
- Understanding Surgery.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.
Planning your visit

- Prepare a list of questions and place them in order of priority. If someone is coming with you to the appointment discuss these questions together, as they might have different questions. If you need assistance in coming up with questions, speak with one of our cancer nurses on 13 11 20.

- Find out where you can park and how much they charge. Have spare coins in case you need to use meters. Speak with your treatment team to find out if there are concessions available.

- If English is not your first language ask for an interpreter to be present. Contact the hospital prior to your appointment.

- If possible, bring someone with you for support. Take someone who can support you but will not dominate the appointment.

- Bring any paperwork you might need, like referral letters, prescriptions and test results.

- You may spend time waiting or your treatment may take time; bring things to keep you occupied i.e. books, magazines, phone, craft. Bring a bottle of water and a healthy snack.

- Connect with your treatment team to find out what support is available to you.

- Ask your doctor what you should bring to your treatment/hospital stay.

- Find out what the visiting hours are, and let your family and friends know.

- Call 13 11 20 to speak to one of our cancer nurses for information and support about attending appointments.
<table>
<thead>
<tr>
<th>Metropolitan – Public</th>
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<tbody>
<tr>
<td><strong>The Alfred</strong></td>
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<tr>
<td>Melbourne</td>
</tr>
<tr>
<td>alfredhealth.org.au</td>
</tr>
<tr>
<td>9076 2000</td>
</tr>
<tr>
<td><strong>Alfred Health Radiation Oncology</strong></td>
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<tr>
<td><strong>William Buckland Radiotherapy Centre</strong></td>
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<tr>
<td>Melbourne</td>
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<tr>
<td>alfredhealth.ro</td>
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<tr>
<td>9076 2337</td>
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<tr>
<td><strong>Austin Health</strong></td>
</tr>
<tr>
<td><strong>Olivia Newton-John Cancer Wellness and Research Centre</strong></td>
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<tr>
<td>Heidelberg</td>
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<tr>
<td>onjcancercentre.org</td>
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<tr>
<td>9496 5000</td>
</tr>
<tr>
<td><strong>Box Hill Hospital</strong></td>
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<tr>
<td>Box Hill</td>
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<tr>
<td>easternhealth.org.au</td>
</tr>
<tr>
<td>1300 342 255</td>
</tr>
<tr>
<td><strong>Footscray Hospital</strong></td>
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<tr>
<td>Footscray</td>
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<tr>
<td>westernhealth.org.au</td>
</tr>
<tr>
<td>8345 6666</td>
</tr>
<tr>
<td><strong>Frankston Hospital</strong></td>
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<tr>
<td>Frankston</td>
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<tr>
<td>peninsulahealth.org.au</td>
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<tr>
<td>9784 7211</td>
</tr>
<tr>
<td><strong>Maroondah Hospital</strong></td>
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<tr>
<td>Ringwood East</td>
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<tr>
<td>easternhealth.org.au</td>
</tr>
<tr>
<td>1300 342 255</td>
</tr>
<tr>
<td><strong>Mercy Hospital for Women</strong></td>
</tr>
<tr>
<td>Heidelberg</td>
</tr>
<tr>
<td>mercyhealth.com.au</td>
</tr>
<tr>
<td>8458 4444</td>
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<tr>
<td><strong>Monash Children’s Hospital</strong></td>
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<tr>
<td>Clayton</td>
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<tr>
<td>monashchildrenshospital.org</td>
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<tr>
<td>13 KIDS / 13 54 37</td>
</tr>
<tr>
<td><strong>Monash Medical Centre</strong></td>
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<tr>
<td>Clayton</td>
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<tr>
<td>monashhealth.org</td>
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<tr>
<td>9594 6666</td>
</tr>
<tr>
<td><strong>Moorabbin Hospital</strong></td>
</tr>
<tr>
<td>East Bentleigh</td>
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<tr>
<td>monashhealth.org</td>
</tr>
<tr>
<td>9928 8111</td>
</tr>
</tbody>
</table>

**Can’t find what you’re looking for?**

Call **13 11 20** to speak with an experienced cancer nurse or email **askanurse@cancervic.org.au**. To speak with a nurse through an interpreter, call **13 14 50**.
Northern Hospital
Epping
nh.org.au
8405 8000

Peter MacCallum Cancer Centre
Melbourne
petermac.org
8559 5000

Royal Children’s Hospital
Parkville
rch.org.au
9345 5522

Royal Melbourne Hospital
Parkville
thermh.org.au
9342 7000

Royal Women’s Hospital
Parkville
thewomens.org.au
8345 2000

St Vincent’s Hospital
Fitzroy
svhm.org.au
9231 2211

Sunshine Hospital
St Albans
westernhealth.org.au
8345 1333

Yarra Ranges Health
Lilydale
easternhealth.org.au
1300 342 255

Metropolitan – Private

Cabrini Brighton
Brighton
cabrini.com.au
9508 8777

Cabrini Malvern
Malvern
cabrini.com.au
9508 1222

Epworth Eastern
Box Hill
epworth.org.au
8807 7100

Epworth Freemasons Hospital
East Melbourne
epworth.org.au
9483 3833

Epworth Richmond
Richmond
epworth.org.au
9426 6666

Frances Perry House
Parkville
francesperryhouse.com.au
9344 5000
Public or private hospital?

If you are deciding whether to have treatment in a public or private hospital, speak with your GP and specialist.

Our experienced cancer nurses can provide information to help you make an informed decision. The Cancer Council booklet, *Cancer Care and Your Rights*, provides useful information relating to your care. Call 13 11 20 or visit cancervic.org.au to order or download a free copy.
<table>
<thead>
<tr>
<th>Hospital Name</th>
<th>Location</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peninsula Private Hospital</td>
<td>Frankston</td>
<td>peninsulaph.com.au</td>
<td>9788 0000</td>
</tr>
<tr>
<td>Peninsula and Southeast Oncology</td>
<td>Frankston</td>
<td>paso.com.au</td>
<td>9781 5244</td>
</tr>
<tr>
<td>Ringwood Private Hospital</td>
<td>Ringwood East</td>
<td>ringwoodprivatehospital.com.au</td>
<td>8804 4000</td>
</tr>
<tr>
<td>South Eastern Private Hospital</td>
<td>Nobel Park</td>
<td>southeasternprivate.com.au</td>
<td>9549 6555</td>
</tr>
<tr>
<td>St John of God Health Care Berwick Hospital</td>
<td>Berwick</td>
<td>sjog.org.au</td>
<td>9709 1414</td>
</tr>
<tr>
<td>St Vincent’s Private Hospital</td>
<td>East Melbourne</td>
<td>svphm.org.au</td>
<td>9928 6551</td>
</tr>
<tr>
<td>St Vincent’s Private Hospital</td>
<td>Fitzroy</td>
<td>svphm.org.au</td>
<td>9411 7111</td>
</tr>
<tr>
<td>St Vincent’s Private Hospital</td>
<td>Werribee</td>
<td>svphm.org.au</td>
<td>9411 7434</td>
</tr>
<tr>
<td>The Valley Private Hospital</td>
<td>Mulgrave</td>
<td>thevalleyprivate.com.au</td>
<td>9790 9333</td>
</tr>
<tr>
<td>Warringal Private Hospital</td>
<td>Heidelberg</td>
<td>warringalprivate.com.au</td>
<td>9274 1300</td>
</tr>
<tr>
<td>Waverley Private Hospital</td>
<td>Mt Waverley</td>
<td>waverleyprivate.com.au</td>
<td>9881 7700</td>
</tr>
<tr>
<td>Western Private Hospital</td>
<td>Footscray</td>
<td>westernprivatehospital.com.au</td>
<td>9318 3177</td>
</tr>
<tr>
<td>Albury Wodonga Regional Cancer Centre</td>
<td>Albury</td>
<td>awh.org.au</td>
<td>02 6064 1400</td>
</tr>
<tr>
<td>Bairnsdale Regional Health Service</td>
<td>Bairnsdale</td>
<td>brhs.com.au</td>
<td>03 5150 333</td>
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**Regional – Public**

<table>
<thead>
<tr>
<th>Hospital Name</th>
<th>Location</th>
<th>Website</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>Albury Wodonga Regional Cancer Centre</td>
<td>Albury</td>
<td>awh.org.au</td>
<td>02 6064 1400</td>
</tr>
<tr>
<td>Bairnsdale Regional Health Service</td>
<td>Bairnsdale</td>
<td>brhs.com.au</td>
<td>03 5150 333</td>
</tr>
</tbody>
</table>
Health professionals you may see

**Cancer care coordinator/clinical nurse consultant**
Coordinates care, liaises with other members of the treatment team and provides support to patients and families.

**Clinical trials nurse/clinical trials coordinator**
Coordinates the recruitment and care of trial participants and acts as a link between the patient and the researchers or the health care team.

**Dietitian**
Supports and educates patients about nutrition and diet.

**Exercise physiologist**
Uses exercise as medicine to help with injury and chronic disease management.

**Genetic counsellor**
Provides advice for people with a strong family history of cancer or with a genetic condition linked to cancer.

**GP**
Explains information provided by specialists; assists you with treatment decisions; helps you obtain practical and emotional support; and works in partnership with your specialists in providing your ongoing care.

**Haematologist**
A doctor who specialises in treating people with diseases of the blood, the lymphatic system and bone marrow.

**Lymphoedema practitioner**
Educates people about lymphoedema management and provides treatment.

**Medical oncologist/oncologist**
A doctor who specialises in the study and treatment of cancer. They prescribe and coordinate treatment including chemotherapy, immunotherapy, hormone therapy and targeted therapy. They may refer you to other specialists.
Multidisciplinary team (MDT)
A team that includes doctors, nurses and allied health professionals who meet regularly to plan and review treatment plans.

Nurse
Helps administer drugs, including chemotherapy, and provide care, information and support.

Occupational therapist
Provides equipment and advice to assist with daily activities.

Pain medicine specialist
A doctor who specialises in treating all types of pain, particularly severe or difficult pain.

Palliative care team
A team of health professionals who specialise in pain and symptom control to maximise wellbeing and improve quality of life.

Physiotherapist
Health professional that focus on treating injury or disease with physical methods such as massage exercise and joint manipulation.

Psycho-oncology team
A team of health professionals who support the emotional and social concerns of patients and their families. Members of the team may include psychiatrists, clinical psychologists*, social workers and nurses.

Radiation therapist
Administers radiotherapy prescribed by the radiation oncologist.

Radiation oncologist/radiotherapist
A doctor who prescribes and coordinates a course of radiotherapy.

Social worker
Links you to support services and help with emotional, physical or practical issues.

Speech pathologist
Evaluates and treats communication, voice and swallowing difficulties during and after treatment.

Surgeon
A doctor who uses surgery to remove or reduce a tumour.

*For definitions of mental health professionals see page 82.
<table>
<thead>
<tr>
<th>Health Service</th>
<th>Location</th>
<th>Website</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballarat Health – Ballarat Regional Integrated Cancer Centre</td>
<td>Ballarat</td>
<td>bricc.bhs.org.au</td>
<td>03 5320 8500</td>
</tr>
<tr>
<td>Barwon Health – Andrew Love Cancer Centre</td>
<td>Geelong</td>
<td>barwonhealth.org.au</td>
<td>03 4215 2700</td>
</tr>
<tr>
<td>Bendigo Health</td>
<td>Bendigo</td>
<td>bendigohealth.org.au</td>
<td>03 5454 6000</td>
</tr>
<tr>
<td>Central Gippsland Health Service Sale Hospital</td>
<td>Sale</td>
<td>gha2.net.au/cghs</td>
<td>03 5143 8600</td>
</tr>
<tr>
<td>Colac Area Health Service</td>
<td>Colac</td>
<td>swarh2.com.au/cah</td>
<td>03 5232 5100</td>
</tr>
<tr>
<td>East Grampians Health Service</td>
<td>Ararat</td>
<td>eghs.net.au</td>
<td>03 5352 9300</td>
</tr>
<tr>
<td>Echuca Regional Health</td>
<td>Echuca</td>
<td>erh.org.au</td>
<td>03 5485 5000</td>
</tr>
<tr>
<td>GenesisCare Radiation Oncology Centre</td>
<td>Albury</td>
<td>genesiscare.com.au/vic</td>
<td>02 6043 7800</td>
</tr>
<tr>
<td>Gippsland Radiation Oncology Gippsland Cancer Care Centre Latrobe Regional Hospital</td>
<td>Traralgon West</td>
<td>alfredhealth.ro</td>
<td>03 5173 8770</td>
</tr>
<tr>
<td>Gippsland Cancer Care Centre Latrobe Regional Hospital</td>
<td>Traralgon West</td>
<td>lrh.com.au</td>
<td>03 5173 8000</td>
</tr>
<tr>
<td>Gippsland Southern Health Service</td>
<td>Leongatha</td>
<td>gshs.com.au</td>
<td>03 5667 5555</td>
</tr>
<tr>
<td>Goulburn Valley Health</td>
<td>Shepparton</td>
<td>gvhealth.org.au</td>
<td>03 5832 2322</td>
</tr>
<tr>
<td>Kerang District Health</td>
<td>Kerang</td>
<td>kerangdistricthealth.com.au</td>
<td>03 5450 9200</td>
</tr>
<tr>
<td>Kyabram and District Health Service</td>
<td>Kyabram</td>
<td>kyhealth.org.au</td>
<td>03 5857 0200</td>
</tr>
</tbody>
</table>
Treatment in regional Victoria

There are many excellent cancer centres in regional Victoria. However for some people it may be necessary to travel to a larger regional or metropolitan centre for treatment. This can be because:

- your local hospital does not offer the treatment you require
- a particular type of specialist may not be available
- there is a long wait to see a visiting oncologist
- you wish to seek a second opinion.

If treatment for your cancer type is not available close to home and you must travel for treatment, you may be eligible for financial assistance to pay for travel. Accommodation costs may also be covered. For accommodation and travel assistance see page 62.
Stawell Regional Health
Stawell
srh.org.au
03 5358 8500

Swan Hill District Health
Swan Hill
shdh.org.au
03 5033 9300

West Gippsland Hospital
Warragul
gha.net.au/wghg
03 5623 0611

Wimmera Health Care Group
Horsham
wimmerahealth.com
03 5381 9111

Western District Health Service
Hamilton Base Hospital
Hamilton
wdhs.net
03 5551 8222

Regional – Private

Ballarat Oncology and Haematology Services
Wendouree
ballaratoncology.com.au
03 5339 8000

The Bays Hospital
Mornington
thebays.com.au
03 5975 2009

Beleura Private Hospital
Mornington
beleuraprivate.com.au
03 5976 0888

Epworth Geelong
Waurn Ponds
epworthgeelong.org.au
03 5271 7777

Maryvale Private Hospital
Morwell
maryvaleph.com.au
03 5132 1200

Mildura Private Hospital
Mildura
milduraprivatehospital.com.au
03 5022 2611

St John of God Health Care
Ballarat
sjog.org.au
03 5320 2111

St John of God Health Care
Bendigo
sjog.org.au
03 5434 3434
Can’t find what you’re looking for?
Call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50.

St John of God Health Care
Geelong
sjog.org.au
03 5226 8888

St John of God Health Care
Warrnambool
sjog.org.au
03 5564 0600
Palliative care

Palliative care aims to enhance the quality of life of the person affected by cancer and helps maintain their independence for as long as possible. Health professionals from different fields work together as a team to meet your physical, practical, emotional and spiritual needs as well as support for family and friends at this time.

Palliative care is offered in different settings depending on the situation and whether there are family or friends who can help. Care can be provided at home, in a residential aged care facility, hospital or palliative care unit.

Need more information?

Cancer Council Victoria offers a range of booklets and factsheets you may find useful:

- Understanding Palliative Care
- Cancer and Your Finances
- Cancer Care and Your Rights
- Caring for Someone with Cancer
- Emotions and Cancer
- Facing End of Life
- Living with Advanced Cancer
- Meditation CD
- Overcoming Cancer Pain
- Relaxation CD
- Superannuation and Cancer.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.
Palliative Care Victoria is the peak body for palliative care in Victoria. To find the appropriate local service, visit pallcarevic.asn.au and use the search tool. The website provides information on a range of topics and is available in other languages. It includes information specifically for children, young people and Aboriginal Australians and/or Torres Strait Islander Peoples.

CareSearch
caresearch.com.au
An online portal containing palliative care information and services for local community and health professionals.

Palliative Care Victoria
pallcarevic.asn.au
9662 9644
Offers information and support including a ‘Find a palliative care service’ search tool for Victorian palliative care services.

Can’t find what you’re looking for?
Call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50.
Information about cancer

Cancer Council provides a range of booklets, factsheets and CDs covering a range of topics including cancer types; treatment; side-effect management; advanced cancer; and practical, legal and financial issues. These resources are reviewed regularly in consultation with leading health professionals and topic experts.

Listed below are trusted Australian and international organisations providing information useful to those affected by cancer.

**American Cancer Society**
cancer.org

**Better Health Channel**
betterhealth.vic.gov.au

**Cancer Australia**
canceraustralia.gov.au

**Cancer Council Australia**
cancer.org.au

**Cancer Council Australia – ‘iheard’**
iheard.com.au
Answers questions about cancer including stories, rumours, and claims about treatment and side effects.

**Cancer Council**
*What to expect*
cancerpathways.org.au
13 11 20

**Cancer Council Victoria**
cancervic.org.au
13 11 20

**Cancer Research UK**
cancerresearchuk.org

**Healthdirect Australia**
healthdirect.gov.au
1800 022 222

**Health Translations Directory**
healthtranslations.vic.gov.au
Provides direct links to reliable translated health resources produced in Australia.

**Radiation Oncology Targeting Cancer**
targetingcancer.com.au
Information about radiation therapy and how it is used to treatment types of cancer.

**Macmillan Cancer Support (UK)**
macmillan.org.uk

**National Cancer Institute (US)**
cancer.gov
Information you can trust

‘What to expect’ series

These concise guides help you make sense of what happens after being diagnosed with cancer. They include questions to ask your health professionals to ensure you receive the best care at every step. Call 13 11 20 or visit cancerpathways.org.au to download a free copy. They are available in a range of languages as well as plain English:

- Arabic
- Chinese
- Greek
- Hindi
- Italian
- Tagalog
- Vietnamese

Cancer types

Acute Myeloid Leukaemia
Basal and Squamous Cell Carcinoma
Bowel Cancer
Breast Cancer
Cancer of the Unknown Primary
Endometrial Cancer (Uterine)
Head and Neck
High Grade Glioma
Liver Cancer

Lung Cancer
Lymphoma
Melanoma
Oesophagogastric Cancer
Ovarian Cancer
Pancreatic Cancer
Peritoneal Mesothelioma
Pleural Mesothelioma
Prostate Cancer
Sarcoma (Bone and Soft Tissue)
‘Understanding’ series

These booklets and factsheets give a more detailed explanation of the diagnosis and treatment of a particular cancer type as well as managing side effects and changes to daily life.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.

Cancer types

Soft Tissue Sarcoma
Understanding Anal Cancer
Understanding Bladder Cancer
Understanding Bowel Cancer
Understanding Brain Tumours
Understanding Breast Cancer
Understanding Cancer in the Liver
Understanding Cancer of the Unknown Primary
Understanding Cancer of the Uterus
Understanding Cervical Cancer
Understanding Head and Neck Cancers
Understanding Kidney Cancer

Understanding Lung Cancer
Understanding Melanoma
Understanding Ovarian Cancer
Understanding Pancreatic Cancer
Understanding Mesothelioma
Understanding Primary Bone Cancer
Understanding Prostate Cancer
Understanding Skin Cancer
Understanding Stomach and Oesophageal Cancers
Understanding Testicular Cancer
Understanding Thyroid Cancer
Understanding Vulvar and Vaginal Cancers

Treatments

Breast Prostheses and Reconstruction
Complementary and Alternative Medicine: Making Informed Decisions
Understanding Chemotherapy
Understanding Clinical Trials and Research

Understanding Complementary Therapies
Understanding Immunotherapy
Understanding Radiotherapy
Understanding Surgery
Advanced cancer
Facing End of Life
Living with Advanced Cancer
Understanding Grief
Understanding Palliative Care
Side effects
Coping with Cancer Fatigue
Hair Loss
Overcoming Cancer Pain
Understanding Lymphoedema
Understanding Taste and Smell Changes
Health and wellbeing
Emotions and Cancer
Exercise for People Living with Cancer
Fertility and Cancer
Learning to Relax
Living Well after Cancer
Massage and Cancer
Meditation CD
Mouth Health and Cancer Treatment
Nutrition and Cancer
On the Road to Recovery (Arabic, Cantonese, Greek, Italian, Mandarin, Vietnamese)
Relaxation CD
Sexuality, Intimacy and Cancer
Special Occasions and Celebrations
Understanding Malnutrition and Cancer
Practical
Cancer in the School Community
Carer's Kit
Caring for Someone with Cancer
Caring for Someone who has a Brain Tumour
Talking to Kids about Cancer
Legal and financial issues
Cancer and Your Finances
Cancer Care and Your Rights
Cancer, Work and You
Dealing with Debts
Employment and Cancer
Getting your Affairs in Order
Help with Bills
Immigration and Cancer
New Insurance Policies
Patient Transport
Superannuation and Cancer
Travel Insurance and Cancer
What Happens to Debts after Death
Your Role as an Executor

Information about cancer
23
Workshops to learn about cancer

Learning about cancer and gaining strategies for managing life during and after treatment is important. It empowers you to get the most from your health care team as well as make informed decisions, seek the right support and find ways to communicate with those close to you.

These programs are offered at treatment centres around Victoria and are open to those affected by cancer. A close family member or friend is also encouraged to attend.

Living with Cancer Education Program

Being well informed about cancer and its management is important to your health and wellbeing as you undertake treatment. It leads to greater confidence when dealing with your treatment team, better communication with your friends and family as well as building resilience.

The Living with Cancer Education Program empowers people affected by cancer and their family and friends with useful skills and information. Topics include:

- getting the most out of your health care team
- dealing with treatments and side effects
- learning how to relax and manage stress
- communicating with family, friends and colleagues.

You’ll have the opportunity to ask questions and share stories and strategies with others going through a similar experience. The program is organised and presented by health professionals at local hospitals across Victoria.
Wellness and Life after Cancer

More people are surviving cancer due to improvements in treatment. For some, life returns to familiar routines while for others there are new challenges to finding a ‘new normal’.

When you move from active treatment to recovery and wellness, it is important to restore and maintain your health and wellbeing.

The Wellness and Life after Cancer program empowers you to manage your health and wellbeing, manage changes in personal relationships and address work and financial issues. A close family member or friend is also encouraged to attend.

The program provides the opportunity to discuss and develop practical strategies for some of the challenges you might face including:

- fear of recurrence
- changes in personal relationships
- adjusting to physical and emotional changes after treatment
- returning to work and managing the financial impact of cancer
- learning about exercise and how it supports recovery
- working with your GP and connecting with community health services.

There is plenty of time to share stories, ask questions and develop a health and wellbeing plan. The program is organised by health professionals at local hospitals across Victoria.

To find our more or to find out when a session is running in your area, call 13 11 20 to speak with one of our experienced cancer nurses, email askanurse@cancervic.org.au or visit cancervic.org.au.
Clinical trials and research

Clinical trials and research look at new ways to improve the diagnosis, treatment and management of people affected by cancer. Participation in a clinical trial may be recommended by a specialist or some people ask their doctors about studies that might be suitable. Your treatment team can help you find out more. The following services and organisations may also be of assistance.

Need more information?

Cancer Council Victoria has a booklet you may find useful:

- **Understanding Clinical Trials and Research.**

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.

Finding a clinical trial

The Victorian Cancer Trials Link is a searchable database of all cancer clinical trials being conducted in Victoria, and lists all treatment centres involved. Trials can be found by searching on the specific diagnosis and treatment situation. Visit cancervic.org.au/trials.

Speak with your treatment team if you wish to find out more information about available trials.
How is research regulated?

The National Health and Medical Research Council (NHMRC) is the Australian Government body that provides guidelines for how research is undertaken. Ethics committees must follow these guidelines and report to NHMRC every year. You can download the *National Statement on Ethical Conduct in Human Research* (2007) (Updated May 2015). Visit [nhmrc.gov.au](http://nhmrc.gov.au) and search for ‘National Statement on Ethical Conduct in Human Research’.

All research must adhere to the ‘Australian Code for the Responsible Conduct of Research’ and when involving people must be approved by a Human Research Ethics Committee as per the *National Statement on Ethical Conduct in Research Involving Humans*. 
Accessing cancer drugs not subsidised by the government

The Leukaemia Foundation has published an information booklet on ways to access cancer drugs not funded by the Pharmaceutical Benefit Scheme (PBS). Although the information is provided in relation to blood cancer drugs, the information is useful to people affected by other cancer types.

The booklet explains the four main ways to gain access to cancer drugs – clinical trial; direct from the pharmaceutical company; via the hospital Medical Access Program (MAP); and purchasing and/or importing the drug at its full price.

Visit leukaemia.org.au and search for ‘non-PBS funded blood cancer drugs’.
Consumer Involvement in Cancer Cooperative Trials Groups
customerlearning.canceraustralia.gov.au

Cooperative Trials Group for Neuro-Oncology
cogno.org.au
02 9562 5000

Melanoma Institute Australia
melanoma.org.au
02 9911 7200

National Health and Medical Research Council Clinical Trials Centre
ctc.usyd.edu.au

Palliative Care Clinical Studies Collaborative
uts.edu.au/paccsc
08 8275 1926

Primary Care Collaborative Cancer Clinical Trials Group
pc4tg.com.au
08 9449 5140

Pathfinder (Prostate cancer)
pathfinderregister.com.au
1800 220 099

Psycho-Oncology Co-operative Research Group
pocog.org.au
02 9036 5002

Register4
register4.org.au
1300 709 485

Stem Cells Australia
stemcellsaustralia.edu.au
9035 8639

Trans Tasman Radiation Oncology Group
trog.com.au
02 4014 3911

Victorian Cancer Trials Link
cancervic.org.au/trials
9514 6100

Can’t find what you’re looking for?

Call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50.
**Genetics and risk**

While most cases of cancer are not due to a history of cancer in the family, for a small number of people, their family history suggests they may have a genetic risk. This means their chance of developing cancer is potentially higher than the average population.

The family doctor is the best place to discuss concerns and determine if a referral to one of these family cancer clinics is required.

**Austin Clinical Genetics Service**  
Heidelberg  
austin.org.au/genetics  
9496 3027

**Cabrini Health Family Cancer Clinic**  
Malvern  
9508 3419

**Monash Health Familial Cancer Centre**  
Berwick  
Clayton  
Frankston  
Moorabbin  
9594 2009

**The Alfred Hospital**  
Melbourne  
9594 2009

**Peter MacCallum Familial Cancer Centre**  
Box Hill  
Parkville  
petermac.org/services/treatment/familial-cancer-centre  
8559 5322

**The Royal Melbourne Hospital Familial Cancer Centre**  
Parkville  
Footscray (Western Hospital)  
thermh.org.au/patients-visitors/services-clinics/inherited-diseases/cancer-families  
9342 7151
We can help

Can’t find what you are looking for? Looking for more information? Need advice?

Call 13 11 20 to speak with an experienced and understanding cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse in your own language, call 13 14 50, say the language you need and ask to contact Cancer Council Victoria.

Regional Family Cancer Clinics

These family cancer centres provide visiting services to regional areas. To make an appointment, or find out more, contact the appropriate clinic.

<table>
<thead>
<tr>
<th>Region</th>
<th>Family Cancer Clinic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albury/Wodonga</td>
<td>Austin Clinical Genetics Service</td>
</tr>
<tr>
<td>Ballarat</td>
<td>Austin Clinical Genetics Service</td>
</tr>
<tr>
<td>Bendigo</td>
<td>Peter MacCallum Familial Cancer Centre</td>
</tr>
<tr>
<td>Geelong</td>
<td>The Royal Melbourne Hospital Familial Cancer Centre</td>
</tr>
<tr>
<td>Mildura</td>
<td>Peter MacCallum Familial Cancer Centre</td>
</tr>
<tr>
<td>Moe</td>
<td>Monash Health Familial Cancer Centre</td>
</tr>
<tr>
<td>Shepparton</td>
<td>Austin Clinical Genetics Service</td>
</tr>
<tr>
<td>Traralgon</td>
<td>Monash Health Familial Cancer Centre</td>
</tr>
<tr>
<td>Warrnambool</td>
<td>The Royal Melbourne Hospital Familial Cancer Centre</td>
</tr>
</tbody>
</table>
Tested positive for a cancer gene?

Knowing that you carry a gene that increases your risk of cancer can be stressful. It will mean more frequent medical appointments as well as the emotional stress of knowing you have the gene and that you may have passed it onto your children. Talking about your concerns with someone who is going through a similar experience may assist.

Cancer Council Victoria’s Gene Connect program matches people with a trained volunteer who can discuss concerns and share experiences. You will be able to speak on the phone at a time and place that suits you.

You can access Gene Connect whether you have just discovered your genetic risk, have taken preventative measures or are considering doing so, or have a cancer diagnosis.

For more information call an experienced cancer nurse on 13 11 20 or email askanurse@cancervic.org.au.
Health services and information

Western and/or Torres Strait Islander Peoples

Services to support the health and wellbeing of Aboriginal and/or Torres Strait Islander* communities are located throughout metropolitan and regional Victoria including Aboriginal Community Controlled Organisations (ACCOs).

ACCOs exist across the state and can support Aboriginal people affected by cancer. They provide programs and services to support health and wellbeing.

Cancer Council Victoria’s commitment

Aboriginal health is everyone’s responsibility at Cancer Council Victoria. We are implementing the second Reconciliation Action Plan (RAP) that continues the work in building relationships, showing respect and creating opportunities for Victorian Aboriginal communities.

Visit cancervic.org.au/about/aboriginal-communities for a copy of the RAP and to find information about preventing and managing cancer:

• support services for those affected by cancer
• information about cancer types and treatments
• prevention programs to improve cancer screening rates
• Aboriginal Quitline
• other useful web resources.

*Where the term Aboriginal is used in this category, it is inclusive of Aboriginal and/or Torres Strait Islander Peoples.
National

Australian Indigenous HealthInfoNet
healthinfonet.ecu.edu.au
08 9370 6336

Australian Indigenous HealthInfoNet Yarning Places
yarning.org.au

National Indigenous Cancer Network
nican.org.au

State wide

Cancer Council Victoria Aboriginal Communities Support Services
cancervic.org.au/about/aboriginal-communities
13 11 20

Victorian Aboriginal Community Controlled Health Organisation Inc.
vacco.org.au
9411 9411

Aboriginal Community Controlled Organisations

Metropolitan

Aborigines Advancement League
Thornbury
9480 7777

Dandenong and District Aborigines Co-operative
Dandenong
ddaccl.org.au
9794 5933

Victorian Aboriginal Health Service
vahs.org.au
Fitzroy
9419 3000
## Finding support at the hospital

Many hospitals have an Aboriginal Hospital Liaison Officer. They can assist in finding the right services for you.

### Regional

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Address</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albury Wodonga Aboriginal Health Service</td>
<td>Glenroy NSW 2640</td>
<td>02 6040 1200</td>
</tr>
<tr>
<td>Ballarat and District Aboriginal Cooperative</td>
<td>Ballarat</td>
<td>badac.net.au</td>
</tr>
<tr>
<td>Bendigo and District Aboriginal Cooperative</td>
<td>Bendigo</td>
<td>bdac.com.au</td>
</tr>
<tr>
<td>Budja Budja Aboriginal Cooperative</td>
<td>Halls Gap</td>
<td>budjabudjacoop.org.au</td>
</tr>
<tr>
<td>Dhauwurd Warrung Elderly and Community Health</td>
<td>Portland</td>
<td>dwech.com.au</td>
</tr>
<tr>
<td>Gippsland and East Gippsland Aboriginal Cooperative</td>
<td>Bairnsdale</td>
<td>gegac.org.au</td>
</tr>
<tr>
<td>Goolum Goolum Aboriginal Cooperative</td>
<td>Horsham</td>
<td>goolumgoolum.org.au</td>
</tr>
<tr>
<td>Gunditjmara Aboriginal Cooperative Ltd.</td>
<td>Warmambool</td>
<td>gunditjmara.org.au</td>
</tr>
<tr>
<td>Kirrae Health Services Inc.</td>
<td>Purnim</td>
<td>kirraehealth.com</td>
</tr>
<tr>
<td>Lakes Entrance Aboriginal Health Association</td>
<td>Lakes Entrance</td>
<td>djillayngalu.org.au</td>
</tr>
</tbody>
</table>
Lake Tyers Health and Children’s Services
Lake Tyers
03 5155 8500

Mallee District Aboriginal Services
mdas.org.au
Kerang
03 5450 3019
Mildura
03 5018 4100
Swan Hill
03 5032 8600

Moogji Aboriginal Council East Gippsland Inc.
Orbost
djillayngalu.org.au
03 5154 2133

Mungabareena Aboriginal Corporation
Wodonga
mungabareena.com
02 6024 7599

Murray Valley Aboriginal Cooperative
Robinvale
mvac.org.au
03 5026 3353

Njernda Aboriginal Corporation
Echuca
njernda.designexperts.com.au
03 5482 6566

Ramahyuck District Aboriginal Corporation
ramahyuck.org
Sale
03 5143 1644
Morwell
03 5136 5100

Rumbalara Aboriginal Cooperative Ltd
Mooroopna
rumbalara.org.au
03 5820 0000

Wathaurong Aboriginal Co-operative
North Geelong
wathaurong.org.au
03 5277 0044

Winda-Mara Aboriginal Corporation
Heywood
windamara.com.au
1800 009 967

Can’t find what you’re looking for?
Call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50.
There are many services available to support the health and wellbeing of Victorians affected by cancer who have diverse multicultural backgrounds. Both government and community groups offer programs and services to assist those affected including families and carers.

**Need more information?**

Cancer Council Victoria offers information and support in a range of languages. Visit cancervic.org.au/languages.

**Arabic Welfare Incorporated**
arabicwelfare.org.au  
9380 9536

**Asylum Seeker Resource Centre**
asrc.org.au  
Dandenong  
8772 1380  
Footscray  
9326 6066

**Australian Croatian Community Services**
accs.asn.au  
Dandenong  
9791 6000  
Footscray  
9689 5811

**Finding health information in your language**

The Health Translations Directory provides direct links to reliable translated health resources produced in Australia. The directory links to over 13,000 resources which can be found by searching on topic and language. Visit healthtranslations.vic.gov.au.

Many of the support organisations listed in the chapter Support organisations by cancer type also have translated information and resources.
Speak with a cancer nurse in your own language

Do you speak a language other than English?

Do you have questions or want to speak with an understanding cancer nurse?

Follow these steps:

1. Call 13 14 50, Monday to Friday, 9am–4.30pm.
2. Say the language you need.
3. Wait on the line for an interpreter (may take up to 3 minutes).
4. Ask the interpreter to contact Cancer Council Victoria on 13 11 20.
5. Talk with a cancer nurse using an interpreter.

This free confidential service allows you to talk with a cancer nurse using an interpreter.

It is for anyone affected by cancer, including families, carers and friends.

Available for the cost of a local call (except from mobiles).
Finding your community associations

The Victorian Multicultural Commission Community Directory is an online directory for community associations that organise support, health, faith, social or cultural activities in your local area. Visit multiculturals.vic.gov.au/resources/community-directory and use the search function to find the most appropriate community organisation.
**In your own language**

**Multilingual appointment card**
The multilingual appointment card has been developed by Cancer Council Victoria to help prepare for healthcare appointments.

An appointment card can be created and printed by asking your doctor to fill in the details of the appointment and selecting the preferred language.

The form can be found on [cancervic.org.au](http://cancervic.org.au) and search on ‘Appointment card’.

**Victorian Interpreter Card**
The Victorian Multicultural Commission has a downloadable wallet-sized card that aims to help Victorians request interpreter assistance.


**Islamicare – Parents Helpline**
islamicare.org.au
1800 960 009

**Jewish Care**
jewishcare.org.au
8517 5999

**Macedonian Community Welfare Association**
mcwa.org.au
9318 1111

**Maltese Community Council Victoria**
mccv.org.au
9387 8922

**Mental Health in Multicultural Australia**
Provides links to translated mental health resources.
mhima.org.au

**Multicultural Centre for Women’s Health**
mcwh.com.au
1800 656 421
Support while receiving treatment

Most hospitals will offer pastoral services and spiritual care. The pastoral services team may be able to assist with spiritual support through referral to a local faith-based community.

**Polish Community Council of Victoria**

pccv.org.au
9569 4020

**PRONIA – Australian Greek Welfare Society**

pronia.com.au
9388 9998

**Spectrum Migrant Resource Centre**

spectrumvic.org.au

Dallas
9301 7400

Preston
9496 0200

Sunshine
9300 8600

**Springvale Indo-Chinese Mutual Assistance Association**

sicmaa.tripod.com
9547 7939

**United – Spanish Latin-American Welfare Centre**

united.org.au
9318 2949

**Victorian Arabic Social Services**

vass.org.au
9359 2861

**Victorian Transcultural Mental Health**

vtmh.org.au
Provides links to find bilingual mental health professionals.

**Vietnamese Women’s Association**

avwa.org.au

Braybrook
9396 1922

Richmond
9428 9078

Springvale
9546 2699
Support organisations by cancer type

There are many organisations and foundations that work to support those affected by a particular type of cancer. They provide information and support programs and services that can also be accessed by carers and families. Visit their website to find out what each organisation has on offer.

Need more information?
Call 13 11 20 to speak with an experienced and understanding cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter call 13 14 50.

Anal cancer

The Bottom Line
thebottomline.org.au
Provides information about anal cancer and HPV for gay and other men who have sex with men. Also provides a list of available support services.

Blood cancer

Australasian Leukaemia and Lymphoma Group
allg.org.au
8373 9702

Leukaemia Foundation
leukaemia.org.au
1800 620 420

Lymphoma Australia
lymphoma.org.au
0431 483 204

Myeloma Foundation of Australia
myeloma.org.au
9428 7444
Bowel cancer

Bowel Cancer Australia
bowelcanceraustralia.org
1800 555 494

Brain cancer

Brain Tumour Alliance Australia
btaa.org.au
1800 857 221

Brainchild Foundation
brainchild.org.au

BrainLink
brainlink.org.au
1800 677 579

Neuroblastoma Australia
neuroblastoma.org.au
0406 991 606

Peace of Mind Foundation
peaceofmindfoundation.org.au
0411 382 457

Breast cancer

Breast Cancer Network Australia
bcna.org.au
1800 500 258

Counterpart
counterpart.org.au
1300 781 500

McGrath Foundation
mcgrathfoundation.com.au
02 8962 6100

National Breast Cancer Foundation
nbcf.org.au
02 8098 4800

Think Pink Foundation
thinkpink.org.au
9820 2888
Gynaecological cancers

Australian Cervical Cancer Foundation
accf.org.au
1800 017 676

Australian Gynaecological Cancer Foundation
agcf.org.au
02 9235 0121

Counterpart
counterpart.org.au
1300 781 500

Ovarian Cancer Australia
ovariancancer.net.au
1300 660 334

Head and neck cancer

Beyond Five
beyondfive.org.au
02 8514 0109

Kidney cancer

Kidney Health Australia
kidney.org.au
1800 454 363

Liver cancer

Hepatitis Australia
hepatitisaustralia.com
1800 437 222

Lung cancer

Lung Cancer Network Australia
lungcancernetwork.com.au
1800 654 301
**Melanoma**

Melanoma Institute Australia
melanoma.org.au
02 9911 7200

Melanoma Patients Australia
melanomapatients.org.au
1300 88 44 50

**Mesothelioma**

Asbestos Council of Victoria – GARDS
gards.org
03 5127 7744

Asbestoswise
asbestoswise.com.au
9654 9555

Bernie Banton Foundation
berniebanton.com.au
1800 031 731

**Neuroblastoma**

Neuroblastoma Australia
neuroblastoma.org.au
0406 991 606

**Neuroendocrine tumours**

Unicorn Foundation
unicornfoundation.org.au
1300 287 363

**Can’t find what you’re looking for?**

Call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50.
Pancreatic, liver, stomach, oesophageal and biliary cancer

Pancare Foundation
pancare.org.au
1300 881 698

Prostate cancer

Prostate Cancer Foundation of Australia
prostate.org.au
1800 220 099

Rare cancers

Rare Cancers Australia
rarecancers.org.au

Sarcoma

Australasian Sarcoma Study Group
australiansarcomagroup.org
1800 177 657

Skin cancer

Skin and Cancer Foundation
skincancer.asn.au

Thyroid cancer

Australian Thyroid Foundation
thyroidfoundation.org.au
02 9890 6962
Support for carers

Caring for someone with cancer can be a rewarding yet challenging experience. There are a range of services available to support you emotionally, physically and financially, to ensure your health and wellbeing.

Please note that many of the services listed throughout this guide are also available to family and friends; it can be worth making an enquiry to find out.

Need more information?
Cancer Council Victoria offers booklets and factsheets you may find useful:

- Carer’s Kit
- Caring for Someone with Cancer.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.

Carers Victoria is the peak agency for unpaid, mostly family carers. They offer information and support. The website carersvic.org.au provides advice for all carers to support their needs and the people they care for.

To find the support in your local area, go to the Carers Victoria website, click on the button that says ‘Find Support Services, Carer Support Groups and more at Everything Carers’. Use the ‘Find Services’ tab in the new screen to search by your location.
Cancer Council Victoria
Family Connect
cancervic.org.au/how-we-can-help/
phone-support/cancer_connect
13 11 20

Carer Card
carercard.vic.gov.au/home
1800 901 958

Carer Gateway
carergateway.gov.au
1800 422 737

Carers Victoria
carersvictoria.org.au
1800 242 636

Department of Social Services
Emergency Care Plan
www.health.gov.au
Search for ‘Emergency care plan’
1300 653 227

Working Carers Gateway
workingcarers.org.au

Young Carers
youngcarers.net.au
1800 242 636

Respite

Cancer Council Victoria
Holiday Break
cancervic.org.au/how-we-can-help/
holiday-break-program
13 11 20

My Aged Care
myagedcare.gov.au
1800 200 422
Online and phone service that provides information about available respite services.

OTIS Foundation Breast Cancer Retreats
otisfoundation.org.au
03 5444 1184

Respite Victoria
respitevictoria.org.au
**Commonwealth Respite and Carelink Centres**

Commonwealth Respite and Carelink Centres (CRCCs) support caring relationships through access to information, respite care and other support appropriate to carers’ needs and circumstances, and the needs of the people they care for.

CRCCs provide free and confidential information on local carer support, disability and community services. Centres are located across Victoria.

To find your local CRCC call 1800 052 222 and you will be directed to your closest centre. For emergency respite call 1800 059 059 (outside of standard business hours). If you are looking for a centre out of your local area, a list of CRCC centres are provided below.

### Metropolitan

**Alfred Health Care Services**
Southern
carersouth.org.au
9076 6111

**Carers Victoria**
Western
carersvictoria.org.au/respite
9396 9550

**Merri Health**
Northern
merrihealth.org.au/services/carer-support
9495 2500

### Regional

**Ballarat Health Services**
Grampians
bhs.org.au/node/188
03 5333 7104

**Barwon Health**
Barwon – South Western
barwonhealth.org.au/carer-support/
03 4215 0000
Bendigo Health  
Loddon Mallee  
bendigohealth.org.au  
03 5454 6000

FamilyCare  
Hume  
familycare.net.au  
Shepparton Office  
03 5823 7000  
Seymour Office  
03 5735 4600

Latrobe Community Health Service  
Gippsland  
lchs.com.au  
1800 242 696

Villa Maria Catholic Homes  
Hume  
vmch.com.au  
1800 036 377
Children and families

It can be difficult when a child is diagnosed with cancer, or a child is coping with a family member or friend going through cancer. There are many services available to support children and families facing emotional, practical, financial and educational challenges.

Need more information?
Cancer Council Victoria has a range of booklets and factsheets you may find useful:

- Cancer in the School Community
- Talking to Kids About Cancer.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.

Camp Quality
campquality.org.au
9329 8600

Camp Quality
Kids Guide to Cancer App
campquality.org.au/kidsguidetocancer

Cancer Australia
Children’s Cancer
canceraustralia.gov.au/

Cancer Council Victoria – Childhood Cancers
13 11 20

CanTeen
canteen.org.au
1800 226 833

Challenge Supporting Kids with Cancer
challenge.org.au
9329 8474

Children’s Cancer Foundation
childrenscancerfoundation.com.au
7001 1450

Kids Helpline
kidshelpline.com.au
1800 551 800
Talking to young people about cancer

Feeling anxious or overwhelmed about talking to a young person about cancer? Wondering if they need professional support? Talk with your treatment team or call 13 11 20 to speak with an experienced and understanding cancer nurse. You might also find our publication *Talking to Kids About Cancer* useful. It provides age appropriate information on how to talk to children at each stage of a cancer experience from diagnosis to life after treatment. Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.

Make A Wish Foundation Australia
makeawish.org.au
1800 032 260

Redkite
redkite.org.au
1800 733 548

Monkey in my Chair
monkeyinmychair.org

Ronald McDonald Learning Program
learningprogram.rmhc.org.au
1300 307 642

Missing School
missingschool.org.au
0411 162 597

Starlight Children’s Foundation Australia
starlight.org.au
1300 727 827

Mummy’s Wish
mummyswish.org.au
07 3162 8265

Very Special Kids
vsk.org.au
1800 888 875

ONTrac at Peter Mac
Victorian Adolescent and Young Adult Cancer Service
ontrac.petermac.org
8559 6880

Starlight Children’s Foundation Australia
starlight.org.au
1300 727 827

Parentline Victoria
education.vic.gov.au/about/contact/Pages/parentline.aspx
13 22 89

Wombat’s Wish
wombatswish.org.au
0499 966 228
Employment, financial and legal

After a cancer diagnosis, many people worry about how they will manage the impact on their job and finances. It can be difficult to know where to turn for information, advice and assistance. The services listed may be able to assist, or call 13 11 20 to speak with an experienced cancer nurse to find available services.

Need more information?
Cancer Council Victoria has a range of booklets and factsheets you may find useful:

- Cancer and Your Finances
- Cancer Care and Your Rights
- Cancer, Work & You
- Dealing with Debts
- Employment and Cancer
- Getting your Affairs in Order
- Help with Bills
- Immigration and Cancer
- Living with Advanced Cancer
- New Insurance Policies
- Superannuation and Cancer
- Travel Insurance and Cancer
- What Happens to Debts After Death
- Your Role as an Executor.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.
Legal, financial or work issue?

Cancer Council Victoria offers four pro bono (no fee) programs for people experiencing financial hardship as the result of their cancer diagnosis.

The programs are delivered by professionals in the community who volunteer their time to assist clients who cannot afford to pay for advice*. The team at Cancer Council matches clients to appropriate service providers.

- **Legal referral service** focuses on providing advice for end of life planning, financial, employment and tenancy issues.
- **Financial planning referral service** focuses on providing assistance to help manage financial challenges because of cancer.
- **Workplace advisory service** supports people with workplace issues during and after treatment including returning to work.
- **Small business advice service** links accountants with people affected by cancer, including carers, to provide assistance in managing their small business.

Call 13 11 20 for more information or visit cancervic.org.au/how-we-can-help/legal-financial-assistance

*These services are free for people who qualify via a means test. If you don’t qualify for free help, paid assistance is available.
Employment

Fair Work Commission
fwc.gov.au
1300 799 675
Australia’s national workplace relations tribunal resolves a range of workplace disputes through conciliation, mediation and in some cases tribunal hearings.

Fair Work Ombudsman
fairwork.gov.au
13 13 94
Provides an information gateway to information and advice about Australia’s workplace rights and rules.

JobAccess
jobaccess.gov.au
1800 464 800
Provides information about services, financial assistance and workplace solutions for people affected by disability.

Work after Cancer
workaftercancer.com.au
A resource to support work during and after cancer treatment. Provides advice to people diagnosed with cancer, their carers, clinicians and employers about their options, rights and responsibilities.

WorkSafe
worksafe.vic.gov.au
1800 136 089
Support and information about returning to work for people with work-related injuries or illness.

Did you know?

• You may be able to access your super before you retire.
• You may have insurance attached to your super which can cover you if you have to stop working.
• You can ask the bank to defer your mortgage or credit card repayments, if you have to take time off work for treatment.
• You may be entitled to flexible working arrangements due to treatment needs.
Financial

Australian Financial Security Authority
afsa.gov.au
1300 364 785
Provides information about bankruptcy and personal insolvency agreements.

Australian Taxation Office – Superannuation
ato.gov.au/super
13 10 20
Provides information regarding all aspects of superannuation.

Cancer Council Victoria Financial Assistance Program
cancervic.org.au/how-we-can-help/legal-financial-assistance
13 11 20
Small, one-off grant to people experiencing financial hardship following a cancer diagnosis, to cover everyday costs such as buying groceries or paying phone bills. Eligibility criteria applies.

Consumer Affairs Victoria
consumer.vic.gov.au/
1300 55 81 81
Victoria’s consumer affairs regulator, providing information about credit, debt, tenancies and who to contact for advice.

Need financial help?
If you are finding it difficult to make ends meet, community organisations may be able to help. Search the internet using ‘crisis assistance’ and ‘emergency relief’ as search terms.

You can also find details of community organisations using an Australian government search tool; use the internet search term ‘DSS Service Directory’ to find the search tool.
Credit and Investments Ombudsman
cio.org.au
1800 138 422
Offers consumers an independent external dispute resolution service.

Department of Human Services Victoria – Concessions
dhs.vic.gov.au/concessions
An online search engine to view a full list of concessions, benefits and assistance available to Victorians.

Department of Human Services Home renovation loan for owners
housing.vic.gov.au/home-renovation-loan-owners
1800 134 872
A loan for home renovations needed for health and safety reasons. Eligibility criteria apply.

Department of Social Services – Financial Information Service
13 23 00
An education and information service to support the making of informed financial decisions.

Government payments, allowances and pensions
To find out if you are eligible for government financial support, use the ‘Payment Finder’ tool on the Department of Human Services website. By completing a set of simple questions, the tool will identify payments, allowances and pensions you may be eligible for such as:

- Bereavement allowance
- Carer allowance
- Carer payment
- Disability support pension
- Newstart allowance
- Sickness allowance.

Visit humanservices.gov.au and search on ‘Payment finder’.
Financial Counselling Australia
financialcounsellingaustralia.org.au
1800 007 007
Provides an online ‘Find a financial counsellor’ search tool.

Financial Ombudsman Service
fos.org.au
1800 367 287
Offers dispute resolution for consumers who are unable to resolve complaints with financial services providers.

Good Shepherd Microfinance No Interest Loan Schemes
nils.com.au/find
13 64 57
An online search tool to find a provider of a no interest loan.

John Logan Cancer Treatment Foundation
johnloganfoundation.com.au
0426 227 855
Provides financial assistance to people with gastrointestinal cancers to help pay for prescribed treatments not covered by the PBS.

Kids with Cancer Foundation
kidswithcancer.org.au
1800 255 522
Provides funding for children affected by cancer, their families and other organisations that assist children with cancer.

Medicare External Breast Prostheses Reimbursement Program
humanservices.gov.au/breastprostheses
13 20 11
A reimbursement of up to $400 for external breast prosthesis. Payment reduced if you are reimbursed by other sources e.g. health insurance.

Medicare Safety Net
humanservices.gov.au
Search for ‘Medicare Safety Net’
13 20 11
Financial assistance for out-of-hospital medical expenses that attract Medicare benefits once a threshold is reached.

Household bill assistance
If you are finding it difficult to cover the cost of household bills, financial assistance may be available from your service provider. Contact them to ask about their hardship programs.
Money Smart
moneysmart.gov.au
1300 300 630
Provides financial tips and safety checks from the Australian Securities and Investments Commission.

Money Smart Budget Planner
moneysmart.gov.au
Search for ‘Budget Planner’
A simple online budgeting tool that allows for the tracking of income and expenses. Available in other languages.

Money Smart TrackMySpend app
An app which allows you to track finances through your smart phone or device.

Mortgage Relief Scheme
housing.vic.gov.au/mortgage-relief-scheme
1300 650 172
Assists those having trouble with mortgage repayments after an unavoidable change in their lives.

National Debt Helpline
ndh.org.au
1800 007 007
Tips and resources to assist people to find solutions to debt problems. Free telephone counselling service available.

Pancare
pancare.org.au
1300 881 698
Provides financial assistance to people with a gastrointestinal cancer, to assist with the cost of accessing specialist medical services located more than 50km from home.

PBS Safety Net card
humanservices.gov.au
Search for ‘PBS Safety Net’
1800 020 613
Assistance with expenses related to PBS medications, after reaching a threshold. Threshold amount varies dependent on personal circumstances.

Redkite
redkite.org.au
1800 733 548
Supporting those with cancer from 0–24 years. Assistance with essential items such as bills, groceries and vehicle related costs.

Ronald McDonald House Charities – Charlie Bell Scholarship
rmhc.org.au/our-programs/charlie-bell-scholarship
Provides financial assistance to young people who have experienced a serious illness.
Victorian Patient Transport Assistance Scheme
health.vic.gov.au
Search for ‘VPTAS’
1300 737 073
Provides rural patients and their escorts partial reimbursement to assist with travel and accommodation costs, when travelling long distances or staying away from home to receive specialist medical treatment.

Your Energy Savings
yourenergysavings.gov.au
Provides information about saving energy, saving money, available government assistance and rebates.

Legal

Advance Care Planning Australia
advancecareplanning.org.au
1300 208 582
National advisory service providing advance care planning information and support to health professionals, aged and community care workers, and the general public.

Consumer Action Law Centre
consumeraction.org.au
1800 007 007
Provides free and independent legal assistance and financial counselling.

Federation of Community Legal Centres Victoria
communitylaw.org.au
9652 1500
The peak body for community legal centres in Victoria providing free legal help to clients facing economic and social disadvantage. Use the ‘Find a community legal centre’ online tool to find one in your area.

Health Complaints Commissioner
hcc.vic.gov.au
1300 582 113
Receives and resolves your complaints and concerns about health service providers.

Law Institute of Victoria
liv.asn.au
9607 9311
Offers a ‘Find a Lawyer Referral Service’ search tool.

Office of the Australian Information Commissioner
oaic.gov.au
1300 363 992
Investigates privacy infringements and provides advice and guidance for the resolution of disputes.
Can’t find what you’re looking for?
Call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50.

Office of the Public Advocate – Powers of Attorney
publicadvocate.vic.gov.au/power-of-attorney
1300 309 337
Provides a range of information, advice and support in relation to powers of attorney, guardianship and administration and medical treatment decision-making, with a particular focus on when people are unable or need additional support to make their own decisions.

Private Health Insurance Ombudsman
privatehealth.gov.au
1300 737 299
Provides information and advice about private health insurance rights and obligations.

Social Security Rights Victoria Inc
ssrv.org.au
9481 0355
Provides legal information and assistance in relation to social security law, principally issues with Centrelink.

State Trustees
statetrustees.com.au
1300 138 672
Provides a range of trustee, executor and personal financial administration services.

Victorian Equal Opportunity and Human Rights Commission
humanrightscommission.vic.gov.au
1300 292 153
Provides a free telephone enquiry line, dispute resolution service and information about discrimination and equal opportunity laws.

Victorian Law Foundation Everyday-Law
everyday-law.org.au
9604 8100
Provides reliable, easy-to-understand legal information. Includes a search tool to find free or low cost legal help in your area.

Victorian Legal Aid
legalaid.vic.gov.au
1300 792 387
Provides basic legal information through its multilingual telephone information service.
Accommodation and transport

Travelling to treatment can be a challenge, even more so if your treatment centre is not close to home. Some people may also need short-term accommodation. A range of travel and accommodation services exist in both metropolitan and regional areas.

Need more information?
Cancer Council Victoria has a range of booklets and factsheets you may find useful:

- *Patient Transport*.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.

**Victorian Patient Transport Assistance Scheme**

The Victorian Patient Transport Assistance Scheme (VPTAS) subsidises the travel and accommodation costs incurred by rural Victorians and approved escort(s). It helps cover costs when there is no option but to travel more than 100kms one way, or an average of 500kms a week for one or more weeks, to receive approved medical specialist services or specialist dental treatment.

Visit health.vic.gov.au and search on ‘VPTAS’ for more information. It is also available in a range of languages.
Accommodation

Metropolitan

BMDI Rotary House
Melbourne
fightcancer.org.au/what-we-do/accomodation-melbourne
9320 7400

Leukaemia Foundation Accommodation Service
East Melbourne
Flemington
North Melbourne
Preston
South Yarra
leukaemia.org.au/our-services/accommodation/victoria/vic-melbourne
1800 620 420

Peter MacCallum Cancer Centre
Melbourne
petermac.org/location/melbourne/accommodation-around-peter-mac/patient-accommodation
8559 7454

Ronald McDonald House Charities
Clayton
Parkville
rmhc.org.au
02 9875 6666

Ryder-Cheshire Ivanhoe Home
Ivanhoe
rydercheshirehomes.org.au
9254 2400

Think Pink Foundation
Melbourne
thinkpink.org.au/the-living-centre/our-programs/emergency
9820 2888

Regional

Anam Cara House
Colac
anamcarahousecolac.org.au
03 5233 8203

Anam Cara House
Geelong
anamcarahousegeelong.org.au
03 5222 5831

Barwon Health
Andrew Love Cancer Centre
Geelong
barwonhealth.org.au/cancer-services/support-services/accommodation
03 4215 2700
Bendigo Health Accommodation
bendigohealth.org.au
03 5454 6000

Gippsland Rotary Centenary House
Traralgon
centenaryhouse.org.au
03 5171 1600

Hilltop Albury/Wodonga Patient and Carer Accommodation Centre
Albury
fightcancer.org.au/what-we-do/accommodation-albury-wodonga
02 6023 2645

Pleasant Apartments
Ballarat
bricc.bhs.org.au/accommodation.php
03 5320 2958

South West Health Care Rotary House
Warrnambool
southwesthealthcare.com.au/swh/content/rotary-house-warrnambool
03 5563 1666

St John of God Hospital Ballarat – Rotary House
Ballarat
bricc.bhs.org.au/accommodation.php
03 5320 2958

Wimmera Health – Rotary House
Horsham
wimmerahealth.com
Search for ‘Rotary House’
03 5381 9111

Transport

Statewide

Leukaemia Foundation Transport Program
leukaemia.org.au/our-services/transport/transport-program
1800 620 420

Mobility Allowance
humanservices.gov.au/customer/services/centrelink/mobility-allowance

Victorian Patient Transport Assistance Scheme
health.vic.gov.au
Search for ‘VPTAS’
1300 737 073
Car parking: things to consider

There are many things you can do to reduce the costs and stress of parking. Prior to your visit:

- ask the hospital about different parking options before your first visit. There may be onsite parking, street parking and private car parks near the hospital.
- ask about parking rates prior to your visit and if any concessions are available. If you have a government concession card or are attending frequent appointments you may be eligible for discounted car parking. Each hospital will have different concessions. Talk to your treatment team about how to access them.
- allow enough time to find a car park and walk to your appointment.
- ask how far the walk is from the car parks to the hospital or use an online mapping tool like Google Maps.
- for those visiting Melbourne hospitals, download the ‘Melbourne Street Parking’ app for iPhone and Android smart phones. Using your location, the app helps you find car parking by detailing time restrictions and providing cost information.
- investigate public transport options available around the hospital. Speak with the hospital or call Public Transport Victoria on 1800 800 007 or visit www.ptv.vic.gov.au
Support at home

You will often be at home while you recover from treatment. Services such as home medical care, meal delivery, cleaning and child care are available to assist during this time.

Need more information?
Cancer Council Victoria has a range of booklets and factsheets you may find useful:

- Caring for Someone with Cancer
- Patient Transport.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.

Gather My Crew
gathermycrew.org
An online rostering tool linking friends and family with practical tasks needed such as transport.

Lovlist
lovlist.org
An online tool that simplifies the process of organising friends and families to volunteer for tasks such as shopping, gardening and cooking.

Meals on Wheels
mealsvictoria.org.au
0459 466 433
Provides meals to people who are unable to prepare food for themselves.

My Aged Care
myagedcare.gov.au
1800 200 422
Online and phone service that provides information about available aged care services including when a health problem occurs.

Nurse-On-Call
health.vic.gov.au
Search for ‘Nurse on Call’
1300 60 60 24
A Victorian Government health initiative, providing immediate health advice and information from a registered nurse, 24 hours a day, 7 days a week.
Finding support

Our experienced cancer nurses can assist to find the right support at home. Call 13 11 20 or email askanurse@cancervic.org.au.

Hospital counsellors, social workers and nurses such as cancer support nurses and breast care nurses can assist.

Your local council may also be able to connect you with community services to help you manage living at home during treatment such as Meals on Wheels, home cleaning and maintenance, respite and day care. Contact your local council for information. Visit knowyourcouncil.vic.gov.au to find your local council.

An internet search using the following terms is another useful way to find services:

‘Home visiting doctor services’ – If your GP does not provide home visits, or you need a GP out of hours in your home, a home doctor service can be of assistance.

‘Home nursing’ – Home nursing services allow you to recover from treatment in your own home. Speak with your GP or a member of your treatment team if you require access to home nursing services. There are both public and private services available.

‘Home care’ and ‘home help’ – These services provide a range of home care and assistance options to help people live well at home. Services include domestic help, companionship, medical services, respite and transport.
Practical support

Prostheses and personal care aids

The symptoms and treatment for cancer can sometimes result in needing regular medication, a prosthesis or personal care aids such as compression garments or stoma supplies. The following schemes and services provide information and support, including financial and compensation schemes.

Need more information?

Cancer Council Victoria offers a range of booklets and factsheets you may find useful. These resources provide information on relevant prostheses and personal care aids that may be required during and after treatment:

- Breast Prostheses and Reconstruction
- Understanding Anal Cancer
- Understanding Bladder Cancer
- Understanding Bowel Cancer
- Understanding Breast Cancer
- Understanding Prostate Cancer
- Understanding Vulva and Vaginal Cancer.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.

Australian Association of Stomal Therapy Nurses
stomaltherapy.com

Australian Council of Stoma Associations
australianstoma.com.au

Continence Aids Payment Scheme (CAPS)
bladderbowel.gov.au/CAPS/
13 20 11

Continence Foundation of Australia
continence.org.au
9347 2522
NPS Medicine Wise
nps.org.au

NPS MedicineWise provides practical tools to improve the way health technologies, medicines and medical tests are prescribed and used. These services will be of assistance in managing medication and pain.

<table>
<thead>
<tr>
<th>Service</th>
<th>Web address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>NPS Medicine Wise – Pain Diary</td>
<td>nps.org.au/health-professionals/for-your-patients/treatment-plans/pain-diary</td>
<td></td>
</tr>
<tr>
<td>NPS Medicine Wise Adverse Medicine Events Line</td>
<td>nps.org.au/contact-us/adverse-medicines-events</td>
<td>1300 134 237</td>
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</tbody>
</table>
Support in your local area

Services that can support health and practical needs during and post treatment may exist in your local area. Speak with a Cancer Council nurse who can assist in finding appropriate services; call 13 11 20 or email askanurse@cancervic.org.au. Your local council can also be a good place to start, as are local community health services.

Each metropolitan and regional area in Victoria is covered by an Integrated Cancer Service (ICS). Some ICS provide a searchable directory of support services in the region as well as education programs and information about cancer. Visit their websites to find out what is available in the local area.

Need more information?
Cancer Council Victoria has a range of booklets and factsheets that may be useful:

- Caring for Someone with Cancer
- Carers Kit
- Patient Transport.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.

National and Statewide

Know your Council
knowyourcouncil.vic.gov.au
Search for your local council website to find out what support services are available.

National Health Services Directory
nhsd.com.au
1800 022 222
An online search tool to find health services in your local area.
Community health services

There are many community-based services across metropolitan and regional Victoria. Services available will depend on the needs of the local community. They may be called a Community Health Centre, District Health Service or a Bush Nursing Centre.

They can provide access to services for health care card holders as well as privately funded services. They can help with:

- transport
- support at home
- nursing care
- rehabilitation
- wellbeing programs
- respite
- health services
- personal care and aids
- disability services
- dental care.

Metropolitan

North Eastern Melbourne Integrated Cancer Services
nemics.org.au
9496 3322

The ‘NEMICS Supportive Care Directory’ provides a range of supportive care services available for people who live in Melbourne’s northern and eastern suburbs.

Paediatric Integrated Cancer Services
pics.org.au
9345 4433

Southern Melbourne Integrated Cancer Services
smics.org.au
9928 8541

Western and Central Melbourne Integrated Cancer Services
wcmics.org
9656 2789
Regional

Albury Wodonga Cancer Foundation
canceralburywodonga.com.au
0438 431 362
Provides information about cancer and also services and support organisations in Albury Wodonga and surrounding communities.

Barwon South Western Regional Integrated Cancer Services
bswrics.org.au
03 4215 0459
The ‘BSWRICS Regional Services Directory’ is a search tool providing a wide range of supportive care services in the Barwon South Western region.

Gippsland Regional Integrated Cancer Services
gha.net.au/grics
03 5128 0138
The ‘GRICS Service Directory’ provides services by local government area.

Grampians Regional Integrated Cancer Services
gics.com.au
03 5320 4782

Hume Regional Integrated Cancer Services
humerics.org.au
03 5832 8301
The ‘Hume RICS Cancer Care Services Link’ is a search tool providing a wide range of supportive care services available in the Hume region.

Loddon Mallee Integrated Cancer Services
lmics.org.au
03 5454 8380

Sunraysia Cancer Resources
sunraysiacancerresources.com.au
03 5025 8866
Located in Mildura and provides information and support for people living with cancer.

Can’t find what you’re looking for?

Call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50.
Sometimes treatment for cancer stops working and a cure or remission is no longer possible. It is not easy to think about the reality of what is involved at the end of life. Dealing with the emotional, physical, practical, legal and financial impact can be difficult. These services are here to assist you and your family and friends.

**Need more information?**

Cancer Council Victoria has a range of booklets and factsheets you may find useful:

- *Living with Advanced Cancer*
- *Understanding Palliative Care*
- *Facing End of Life*
- *Getting your Affairs in Order*
- *Understanding Grief*
- *What Happens to Debts After Death*
- *You Role as an Executor.*

Call **13 11 20** or visit [cancervic.org.au/resources](http://cancervic.org.au/resources) to order or download a free copy.

**Advance Care Planning Australia**

[advancecareplanning.org.au](http://advancecareplanning.org.au)

1300 208 582

National advisory service providing advance care planning information and support to health professionals, aged and community care workers, and the general public.

**Australian Centre for Grief and Bereavement**

[grief.org.au](http://grief.org.au)

1800 642 066

**Australian Funeral Directors Association**

[afda.org.au](http://afda.org.au)

1300 888 188
The importance of a will

A will is a legal document that records who you would like to receive your assets (estate) after you die. A will may also record your wishes regarding guardianship of your children.

Many people want to make a will or update the one they have as their circumstances change. Making a will is not difficult but it needs to be prepared and written in the right way to be legally valid. It is best to ask a lawyer to help you or contact State Trustees at statetrustees.com.au or phone 1300 138 672.

When you die without a valid will, you are said to die ‘intestate’. This can make matters complicated, lengthy and expensive. A court appoints an administrator to arrange your funeral and then distribute your assets to family members according to a formula. If there are no eligible relatives, your assets go to the state.

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Bereavement Care Centre
bereavementcare.com.au
1300 654 556
Provides bereavement counselling, educational courses, information resources for bereaved adults and children.

The Compassionate Friends Victoria
compassionatefriendsvictoria.org.au
1800 641 091
A bereavement service for parents and siblings.

Death over Dinner
deadthoverdinner.org.au
An interactive website that encourages conversations about death and dying with family and friends over the dinner table.

Dying to talk
dyingtotalk.org.au
A Palliative Care Australia website encouraging Australians to talk about dying.

End of Life Law in Australia
end-of-life.qut.edu.au
Provides information to assist people navigate legal issues around end of life decision making.

Funeral Celebrants Association of Australia
funeralcelebrants.org.au

Gathered Here
gatheredhere.com.au
Online search tool for comparing funeral directors, prices and reviews.
Managing your digital legacy

If you use social media, such as Facebook, Twitter and Instagram, you will need to think about what happens to your accounts after your death.

Each social media platform has different rules for deactivating accounts, while some allow your account to be turned into a memorial page. It is a good idea to leave a list of all your accounts, passwords and instructions with someone you trust, so they can manage your ongoing digital presence according to your wishes.

Palliative Care Australia has produced a Guide to a Social Media Afterlife. You can find it at palliativecare.org.au/resources.
Cancer and its treatments can cause a range of symptoms and side effects that are different for each person. Looking after yourself and seeking support to manage the changes to your health will enhance your quality of life and aid recovery. There are many services available to assist you maintain and improve your physical health and wellbeing.

**Need more information?**

Cancer Council Victoria has resources you may find useful:

- Complementary and Alternative Therapies: Making Informed Decisions
- Coping with Cancer Fatigue
- Exercise for People Living with Cancer
- Hairloss
- Learning to Relax
- Living Well After Cancer
- Understanding Lymphoedema
- Meditation CD
- Nutrition and Cancer
- On the Road to Recovery (Arabic, Cantonese, Italian, Greek, Mandarin, Vietnamese)
- Overcoming Cancer Pain
- Relaxation CD
- Malnutrition and Cancer
- Understanding Complementary Therapies
- Understanding Taste and Smell Changes.

Call **13 11 20** or visit [cancervic.org.au/resources](http://cancervic.org.au/resources) to order or download a free copy.
Wig services in your area

In addition to the Cancer Council Wig Service, there are services located throughout Melbourne and regional Victoria. Speak with your treatment team, or call 13 11 20 to speak with a cancer nurse to find one close to home.

**Australasian Lymphology Association**
lymphoedema.org.au
Provides education and resources. Includes an online search tool to find a local practitioner.

**Australian Dietary Guidelines**
eatforhealth.gov.au/guidelines

**Australian Physiotherapy Association**
physiotherapy.asn.au
1300 306 622

**Cancer Council Victoria Living with Cancer Education Program**
cancervic.org.au/how-we-can-help/living-with-cancer-education-program
13 11 20
Assists people to adjust to life with cancer and covers physical and emotional health, treatment decisions, symptom and side-effect management and coping with grief. Programs are held in metro and regional treatment centres and health services.

**Cancer Council Victoria Wig Service**
cancervic.org.au/how-we-can-help/wig-service
13 11 20
Provides people undergoing cancer treatment, who can’t afford a wig, with a free personally-fitted synthetic wig.

**Chronic Pain Australia**
chronicpainaustalia.org.au

**Counterpart**
counterpart.org.au/support-services/exercise
1300 781 500
Exercise program for women who are undergoing treatment for breast or gynaecological cancer.

**Dietitians Association of Australia**
daas.asn.au
1800 812 942

**Exercise and Sports Science Australia**
essa.org.au
07 3171 3335

**Fitness Australia**
fitness.org.au
1300 211 311
Wig service

Many people find that a well-fitted wig gives them more self-confidence during cancer treatment.

Our wig service is free, private and personalised. We offer an extensive range of synthetic wigs along with headscarves, beanies and cotton caps.

A friendly cancer nurse will help you choose a flattering wig, fit it correctly and give you advice on wig maintenance and care. You’re very welcome to bring someone to your appointment for extra support.

To make a time to see us or get more information, call 13 11 20 or email askanurse@cancervic.org.au. We also welcome enquiries from family and friends.

We’re located at 615 St Kilda Road, Melbourne. The wig service is open Monday to Friday, 10am–4pm.

If you live in regional Victoria and cannot get to us easily, we offer a free postal service.

For more information in your own language using an interpreter, call 13 14 50 and ask to speak to Cancer Council Victoria.
Maintaining health and wellbeing

Many health services run wellness and rehabilitation programs aimed to aid recovery. Some are specifically designed for those who have completed treatment, while other programs are suitable for those still receiving active treatment. See page 95 for a list of these programs and contact the service to find out if you are eligible. Also speak with your treatment team to find local wellness programs or call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au.
Emotional support

For many people, a cancer diagnosis will mean dealing with a wide range of emotions. Finding ways to manage your reactions and feelings is important to your physical and emotional wellbeing. There are a range of organisations offering professional advice and support programs for you and your family and friends. Explore the services listed below to find the ones that suit your needs at this time.

Talking to an experienced cancer nurse about your own personal situation may be useful. They are able to connect you with the right organisations for support according to your need. Call 13 11 20 or email askanurse@cancervic.org.au; to speak with a nurse in your own language call 13 14 50 and ask to speak with Cancer Council Victoria.

Need more information?
Cancer Council Victoria has a range of resources you may find useful:

- Caring for Someone with Cancer
- Emotions and Cancer
- Facing End of Life
- Learning to Relax
- Living with Advanced Cancer
- Meditation CD
- Relaxation CD
- Understanding Grief.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.
Support for you

Managing the emotional impact of cancer can be challenging. Whether you are the one diagnosed, or someone close to you, it is natural to have many different thoughts and feelings. Some feelings may pass or lessen with time, while others might last longer.

Finding the right support at the right time can make a difference. Cancer Council can help with a wide range of free and confidential services available to anyone affected by cancer.

- **Cancer nurses** – experienced and understanding nurses who provide information and support over the phone and email.
- **Counselling services** – provided over the phone with a specialist.
- **Cancer support groups** – face-to-face, internet and over the phone.
- **Cancer Connect** – phone support from someone who has been there before.
- **Education programs** – designed to provide reliable information and strategies for helping make sense of cancer and life with and beyond cancer.

Working out what you need is difficult when facing day to day challenges. Call 13 11 20 and speak with one of our cancer nurses; together you can work out the best support. You can also email them at askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50 and ask to speak to Cancer Council.
Health professionals you may see

**Mental health nurse**
Assesses people, gives medicines and assists in behaviour modification programs. They are a registered nurse who has completed further study in mental health nursing.

**Counsellor**
Listens to what’s going on and offer strategies for dealing with issues. A counsellor’s education may range from a vocational certificate in counselling through to university-level studies in psychology or social work. There is no qualification standard they have to meet.

**Social worker**
Provides emotional support, offers practical and financial assistance and helps people find support services. They must complete a four-year undergraduate or two-year masters degree.

**Psychologist**
Uses their understanding of the mind to guide clients through issues with how they think, feel and learn. They often develop expertise in particular approaches. A registered psychologist must complete four years of psychology at undergraduate level, followed by either postgraduate studies in psychology or two years of supervised clinical practice.

**Psychiatrist**
Specialises in the diagnosis, treatment and prevention of mental illness. As well as discussing issues with patients, they may prescribe medicines to help manage a range of emotional conditions. A referral from a GP is needed to see a psychiatrist. A psychiatrist is a medical doctor who has undertaken an additional five years of post graduate study in psychiatry.
Anxiety Disorders Association of Victoria
adavic.org.au
9853 8089
Provides an interactive search tool to find a therapist.

Australian Counselling Association
theaca.net.au
1300 784 333
Provides an interactive search tool to find a counsellor or psychotherapists.

Australian Men’s Shed Association
mensshed.org
1300 550 009
Provides a supportive environment for men encouraging them to work on meaningful projects in the company of other men.

Australian Psychological Society
psychology.org.au
1800 333 497
Provides an interactive search tool for finding a psychologist.

Better Access Initiative
health.gov.au/mentalhealth-betteraccess
13 20 11
Provides Medicare subsidies for appointments with mental health specialists. Requires GP referral.

beyondblue
beyondblue.org.au
1300 224 636
Provides 24/7 telephone support, online chat, email and information for those affected by depression and anxiety.

Black Dog Institute
blackdoginstitute.org.au
Promotes wellbeing with the prevention, identification and treatment of mental illnesses.

Cancer Council
Online Community
onlinecommunity.cancercouncil.com.au
An online support service providing peer-based support and information for people affected by cancer.

Cancer Council Australia
Cancer Connect
 cancervic.org.au/how-we-can-help/phone-support/cancer_connect
13 11 20
One-to-one free phone support from someone who’s had a similar experience.

Cancer Council Victoria
Cancer Support Groups
 cancervic.org.au/support-groups/
An interactive search tool for support groups.

Cancer Council Victoria
Telephone Support Groups
 cancervic.org.au/how-we-can-help/find-a-support-group/phone-groups
13 11 20
Each group is professionally facilitated with 3–7 members, meeting twice monthly at set times.
Can’t find what you’re looking for?

Call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50.

Cancer Council Victoria
Intimacy Counselling
cancervic.org.au/how-we-can-help/
phone-support/intimacy-counselling
13 11 20
Phone-based counselling service for men, women and their partners to assist with intimacy, body image, sexual confidence and relationships. Offered in collaboration with The Royal Women’s Hospital.

CaringBridge
caringbridge.org
Create your own private website to keep family and friends updated and activate and coordinate help.

Chinese Cancer Society of Victoria
ccsv.org.au
9898 9575
Provides support to people from a Chinese background that are affected by cancer.

Dreams2Live4
dreams2live4.org.au
0400 914 375
A program that realises the dreams of people living with metastatic cancer.

GriefLine
griefline.org.au
1300 845 745
Provides a telephone and online counselling service as well as programs for children, migrants, cancer survivors, international students and mothers.

It’s About Us
itsaboutus.com.au
An online tool to make a digital scrapbook to capture memories, emotions and feelings through text and photos.

Jean Hailes for Women’s Health
jeanhailes.org.au
1800 532 642

Lifeline
lifeline.org.au
13 11 14
Provides a 24/7 crisis support line and suicide prevention services.
**Intimacy counselling**

Cancer diagnosis and treatment can have a profound impact on intimacy, body image, sexual confidence and relationships. Ask your treatment team about sexual and intimacy counselling services to help explore these issues.

**Look Good Feel Better**
lgfb.org.au
1800 650 960
A workshop for women and men offering useful tips on dealing with changes to skin, hair and general appearance due to treatment.

**MensLine**
mensline.org.au
1300 789 978
Provides 24/7 telephone support, online counselling and forums for men.

**Mind Australia**
mindaustralia.org.au
1300 286 463 (Service referral)
1300 554 660 (Carer helpline)
Mind Australia offers a range of specialist emotional and social support services to improve mental health and quality of life.

**My Wedding Wish**
myweddingwish.org
Grants weddings to those with terminal illness.

**Prostate Cancer Foundation of Australia**
prostate.org.au
1800 220 099
A national search engine for prostate cancer support groups, including groups for gay men affected by prostate cancer.

**Qlife**
qlife.org.au
1800 184 527
Provides peer-supported telephone and web based counselling and referral services to the LGBTI community.

**Quitline**
quit.org.au
13 78 48
Provides advice and support to people who are trying to stop smoking.

**Relationships Australia Victoria**
relationshipsvictoria.com.au
1300 364 277
Provides services to strengthen relationships and social connections for individuals and families, schools, workplaces and communities.
Faith based community organisations

Many faith-based community organisations provide services, including counselling, to support the health and wellbeing of you and your family. Many organisations provide support regardless of circumstances, culture, beliefs or faith. Contact your local organisation to find out what support they offer.

Suicide Line
suicideline.org.au
1300 651 251
A 24/7 telephone counselling service offering professional support to people at risk of suicide, people concerned about someone else’s risk of suicide, and people bereaved by suicide.

SANE Australia
sane.org
1800 187 263
Support for all Australians affected by mental illness.

Women’s Information and Referral Exchange (WIRE)
wire.org.au
1300 134 130
Victoria-wide free generalist information, support and referral service run by women for women.

Adolescents and Young Adults

Headspace
headspace.org.au
Provides mental health services for young people aged 12–25.

Kids Helpline
kidshelpline.com.au
1800 55 1800
A free, 24/7 phone and online counselling service for young people aged 5–25.

Youthbeyondblue
youthbeyondblue.com
1300 224 636
Empowers young people aged 12–25, their friends and those who care for them to respond to anxiety and depression.
Take a break away when you need it most

Getting away to relax and recharge is important when managing the daily challenges of treatment. However, when you are affected by cancer, it can be difficult to afford a holiday at a time when it’s needed most. Cancer Council Victoria and the OTIS Foundation can help.

Cancer Council Victoria – Holiday Break

Cancer Council Victoria can provide you, and those close to you, with a one-off short getaway at no cost. We match people affected by cancer* with accommodation donated by our generous supporters. All properties are within Victoria.

Holiday breaks are between 2–4 nights during off-peak holiday times, with a range of properties available in locations across Victoria. Whether you’re after sea views, a country retreat, wheelchair access or a dog-friendly backyard, we’ll work with you to help find the right spot for a break.

Call 13 11 20 for more information or visit cancervic.org.au/how-we-can-help/holiday-break-program.

*Medical verification is required from your treatment team. Holiday Breaks are for those whose current financial situation prevents them from taking a holiday.

OTIS Foundation

The OTIS Foundation provides retreat accommodation at no cost to those living with the challenges of breast cancer. They aim to provide immediate relief to people who need a short-term break away and have OTIS retreats located across Australia.

Anyone who has been diagnosed with breast cancer is eligible to stay at an OTIS retreat, along with their partner, family or friends.

For more information call 03 5444 1184 or visit otisfoundation.org.au.
Sometimes cancer and its treatment can affect a person’s ability to conceive a child or maintain a pregnancy now or in the future. The impact will depend on the type of cancer and treatment you have. There are a range of options available to preserve and protect your fertility prior to and during treatment. Assisted reproductive treatment, commonly known as fertility treatment, can be one pathway to parenthood; others may include fostering, adoption and surrogacy.

**Need more information?**

Cancer Council Victoria offers a booklet you may find useful:

- *Fertility and Cancer.*

Call **13 11 20** or visit [cancervic.org.au/resources](http://cancervic.org.au/resources) to order or download a free copy.

**Access Australia**
access.org.au
1800 888 896
Provides support for women and men who experience difficulties conceiving, and their families.

**ACON**
acon.org.au
Provides health information for the LGBTI community.

**Andrology Australia**
andrologyaustralia.org
1300 303 878
Provides information about men’s sexual and reproductive health.

**CanTeen – Maybe Later Baby**
canteen.org.au
Search for ‘Maybe Baby Later’
A guide to fertility for young people with cancer.

**Family Planning Victoria**
fpv.org.au
1800 013 952
Supports people to make decisions about their reproductive and sexual health and wellbeing.

**Impotence Australia**
impotenceaustralia.com.au
0437 745 599
Supports men experiencing impotence by providing emotional support and advice on treatment.
Talking about fertility

Anyone diagnosed with cancer should have a direct and honest conversation with their doctor about fertility. You should be able to explore options available at any time of your diagnosis and treatment, regardless of sexual preference, age or whether you are in a relationship or not.

It is important that you (and your partner, if you have one) feel respected and included in all discussions with health professionals. Building an open and trusting relationship with your treatment team will enable you to ask questions and seek support.

To assist with starting the discussion, here are some suggested questions:

- Before we start treatment, I want to talk about my fertility options with a specialist. Who would you recommend?
- How will this treatment affect my chances of having a child in the future?
- Will any of these chemotherapy drugs reduce my fertility?
- Should I think about storing sperm/eggs/embryos before treatment starts?
Complementary therapies can play a role in cancer care, working alongside conventional cancer treatment. Many have been scientifically researched and may offer you physical, emotional and spiritual support; reduce side effects from medical treatment; and improve quality of life.

It is important to find a qualified therapist. Contacting a professional association is a good starting point. Some registered health professionals (e.g. doctors, nurses, pharmacists) are also qualified in a complementary therapy such as nutritional and herbal medicine, hypnotherapy, counselling, acupuncture or massage.

Need more information?
Cancer Council Victoria has a range of resources you may find useful:

- Complementary and Alternative Medicines: Making Informed Decisions
- Massage and Cancer
- Meditation CD
- Relaxation CD
- Understanding Complementary Therapies.

Call 13 11 20 or visit cancervic.org.au/resources to order or download a free copy.

If you are considering using complementary therapies, discuss this with your treatment team, as some may interfere with your treatment.
‘Complementary’ vs ‘alternative’

The terms ‘complementary’ and ‘alternative’ are often used interchangeably, which can be confusing. Complementary therapies are designed to be used alongside conventional cancer treatments, usually to manage side effects. Alternative therapies are used instead of conventional treatment.

Many complementary therapies are being scientifically researched for use in people with cancer, while alternative therapies are unlikely to be tested in this way.

**Cancer Council Victoria does not recommend, and warns strongly against, the use of alternative therapies for treating cancer.**
Alternative therapies

Cancer Council Victoria does not recommend, and warns strongly against, the use of alternative therapies for treating cancer when used instead of conventional treatment.

Warning signs that a treatment is an alternative therapy:

- The practitioner does not have a qualification from an accredited educational institution in the therapy they provide.
- The practitioner is not registered with a governing body or a professional association.
- The practitioner tells you that conventional medical treatment will stop the therapy or remedy they provide from working.
- The practitioner asks you not to talk to your doctors about their treatment, or won’t tell you the ingredients that make up a herbal preparation they give you.
- The practitioner claims that their treatment cures cancer.
- The practitioner says there are clinical studies for the effectiveness of their remedy or therapy, but does not show you proof that has appeared in trusted medical journals.
- The treatment costs a lot of money or you need to pay in advance for several months’ supply of a remedy.
- You need to travel overseas to have the treatment.

Can’t find what you’re looking for?

Call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50.
**Is it true?**

Cancer Council Australia provides an online service called ‘iheard’ that provides evidence-based answers to cancer questions. It responds to stories, rumours or claims about cancer, treatment and side effects.

Visit **iheard.com.au** to submit your question and see the answers to questions others have already asked.

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**Australian Traditional Medicine Society**  
1800 456 855

**International Aromatherapy and Aromatic Medicine Association**  
[iaama.org.au](http://iaama.org.au)

**Meditation Association of Australia**  
[meditationaustralia.org.au](http://meditationaustralia.org.au)  
0402 938 401

**Massage and Myotherapy Australia**  
1300 138 872

**Melbourne Meditation Centre**  
9531 1607

**National Herbalists Association of Australia**  
[nhaa.org.au](http://nhaa.org.au)  
02 9797 2244

**The National Institute of Complementary Medicine**  
[nicm.edu.au](http://nicm.edu.au)  
02 4620 3284

**Oncology Massage Limited**  
0416 044 616

**Psychotherapy and Counselling Federation of Australia**  
[pacfa.org.au](http://pacfa.org.au)  
9486 3077

**Yoga Australia**  
[yogaaustralia.org.au](http://yogaaustralia.org.au)  
1300 881 451
Other complementary therapies

Some people find value in complementary therapies that do not have scientific evidence proving its benefit. This is not to say that the relief experienced is not real. These treatments may be used as long as they are undertaken in consultation with your treatment team and not used to replace conventional treatment. Therapies include:

• Bowen therapy
• flower remedies
• healing touch
• homoeopathy
• polarity therapy
• reflexology
• reiki
• therapeutic touch.

For more information on these therapies and the evidence around them, request a copy of Cancer Council’s booklet *Understanding Complementary Therapies*. Call 13 11 20 or visit cancervic.org.au/resources to order or download a copy.
Health and wellbeing after cancer

Thanks to improvements in treatment, more people are surviving cancer. For some, life returns to familiar routines while for others there are new challenges. These may include physical, emotional, financial and social concerns.

Specialist cancer recovery and rehabilitation services exist to offer care and support as you move into wellness. Many run exercise and education programs to aid recovery.

For some people side effects may continue for some time. For others they may start a long time after treatment ends (late effects); these may require specialist care at a late effects clinic.

Our experienced cancer nurses can support you to manage your health and wellbeing as you adjust to life after cancer. Education programs also exist and are included in this chapter.

Need more information?
Cancer Council Victoria has a range of booklets and factsheets you may find useful:

- Cancer, Work and You
- Coping with Cancer Fatigue
- Exercise for People with Cancer
- Living Well After Cancer
- On the Road to Recovery (Arabic, Cantonese, Greek, Italian, Mandarin, Vietnamese)
- Sexuality, Intimacy and Cancer
- Travel Insurance and Cancer
- Understanding Lymphoedema.

Call 13 11 20 or visit cancervic.org.au/resources to order free copies.
Alfred Hospital
Late Effects Clinic
alfredhealth.org.au
Search for ‘late effects clinic’
9076 3451
Supports people who have undergone treatment for blood cancer more than two years ago, to remain as healthy as possible. This includes survivors of childhood cancers who require long-term surveillance in order to improve their mental, physical and general wellbeing.

Austin Health
Department of Clinical Haematology Survivorship clinic
austin.org.au/page/1597
9496 4617
A weekly clinic for those who have completed treatment for cancer of the blood, bone marrow or lymph nodes. Open to patients of Austin Health and its doctors.

Australian Cancer Survivorship Centre – A Richard Pratt Legacy
petermac.org/cancersurvivorship
contactacsc@petermac.org
A web-based centre that provides information and links to relevant services. It aims to improve services and care for cancer survivors in Australia as well as focusing on increased awareness, especially about issues that affect survivors after treatment ends.

Breast Cancer Network Australia
Revitalise
revitalise.bcna.org.au
A six-week health and wellbeing program for women who have been diagnosed with breast cancer.

Brunswick Private
brunswickprivate.com.au
9385 1111
Offer rehabilitation services to those affected by cancer.

Cabrini Health
cabrini.com.au/patients-and-families/services/directory/rehabilitation
9508 5100
Offer a cancer rehabilitation program, and a specialised program for localised breast cancer.

Cancer Council Victoria
Healthy Living after Cancer
cancervic.org.au/how-we-can-help/healthy-living-after-cancer
13 11 20
The program assists those who are post-treatment to get active, eat and feel better. Participants receive up to 12 health coaching calls over a period of six months from an experienced Cancer Council nurse.
Cancer Council Victoria
Wellness and Life after Cancer
cancervic.org.au/how-we-can-help/ wellnes-life-after-cancer
13 11 20
The program assists people to adjust
to life after cancer and covers physical
and emotional health, work, finances
and how to find the right community
support. Programs are held in
metropolitan and regional treatment
centres and health services.

Cancer Rehab Melbourne
cancerrehabmelbourne.com.au
9042 7916
Specialist cancer allied health clinic
including exercise physiology,
occupational therapy, return-to-work
and dietetics.

Castlemaine Health
Survive and Thrive
castlemainehealth.org.au
03 5471 1575
Individualised care plans developed
to help achieve lifestyle goals and
changes.

Counterpart
Stepping into Wellness
counterpart.org.au/support-services/
exercise
A six-week exercise program for
women who have experienced breast
or a gynaecological cancer.

Eastern Health
Cancer Rehabilitation Centre
easternhealth.org.au
Search for ‘cancer rehabilitation’
9955 1277
A seven-week program including
exercise and information on how to
improve health and wellbeing.

Epworth Healthcare
Enhance
epworth.org.au
Search for ‘Enhance’
1300 467 342
An eight-week program for women
with localised breast cancer.

Melton Health
Cancer Rehabilitation
djhs.org.au
9747 7600
An eight-week program for those who
have been treated for breast cancer or
men’s cancers. The program includes
including exercise and information on
how to improve health and wellbeing.

Peninsula Health
Cancer Rehabilitation Program
peninsulahealth.org.au
Search for ‘cancer rehabilitation’
1300 665 781
A six-week program including exercise
and information on how to improve
health and wellbeing. Offered in
Frankston and Rosebud.
Learning about life after cancer

More people are surviving cancer due to improvements in treatment. For some, life returns to familiar routines while for others there are new challenges to finding a ‘new normal’. For those moving from treatment to recovery and wellness, it is important to restore and maintain your health and wellbeing.

Two education programs are available to you to support you at this time.

Healthy Living after Cancer

Getting back to a healthy lifestyle after cancer is one of the most important things you can do for your wellbeing.

Our Healthy Living after Cancer program offers free health coaching over the phone with experienced cancer nurses. The program can help you get active, eat better and feel better, so that you can do more of the things that are important to you.

The program is available to people over 18 who have completed treatment for non-metastatic cancer. You’ll receive up to 12 health coaching calls over a period of 6 months from a Cancer Council nurse, who will help motivate you to achieve healthy lifestyle goals by offering encouragement, support and helpful tips.
Wellness and Life after Cancer

The Wellness and Life after Cancer group education program empowers you to increase your ability to manage your health and wellbeing, manage change and address work and financial issues.

The program is delivered by local health professionals and provides the opportunity to discuss and develop practical strategies for some of the challenges you might face including:

• fear of recurrence
• changes in personal relationships
• adjusting to physical and emotional changes after treatment
• learning about exercise and how it supports recovery
• returning to work and managing the financial impact of cancer
• working with your GP and connecting with community health services.

Participants are invited to share stories, ask questions and develop a health and wellbeing plan. A close family member or friend is welcome to attend.

To find our more or to find out when a program is running in your area, call 13 11 20 to speak with one of our experienced and caring cancer nurses, email askanurse@cancervic.org.au or visit cancervic.org.au.
Managing your health and wellbeing after cancer

Finding the right health care and support is important to your recovery and ongoing health and wellbeing. Support can be sought from the following health services:

- Your family doctor (GP).
- Your local health service may run programs and services including support groups and wellness programs. Your local health service may be called a Community Health Centre, District Health Service or a Bush Nursing Centre.
- Your local Integrated Cancer Service. See page 70 to find your local service.
- The treatment centre that provided your treatment.
- Cancer Council Victoria provides education and support programs, see page 98.

The health and wellbeing management of cancer survivors is a developing field of healthcare. New services and programs are being implemented across Victoria.

Speak with your treatment team, GP or one of our experienced and understanding cancer nurses for information on what is available in your area. Call 13 11 20 or email askanurse@cancervic.org.au; to speak with a nurse in your own language call 13 14 50.
ONTrac at Peter Mac
Reactivate
petermac.org
Search for ‘Reactivate’
8859 6880
An eight-week exercise and self-management program for adolescents and young adults who have completed treatment.

Peter MacCallum Cancer Centre
Late Effects Service
petermac.org
Search for ‘late effects service’
8559 7953
Supports people who have undergone treatment more than five years ago, to remain as healthy as possible. This includes survivors of childhood cancers who require long-term surveillance in order to improve their mental, physical and general wellbeing. The clinic welcomes referrals for patients who are more than five years disease free from cancer.

Pinc and Steel Cancer Rehabilitation Trust
pincandsteel.com
Individualised rehabilitation programs delivered by physiotherapists in metropolitan Melbourne and selected regional areas.

South Eastern Private
southeasternprivate.com.au
Search for ‘rehabilitation’
9549 6555
Provides rehabilitation services during and post treatment, includes treatment for lymphoedema and the REVERE program for people with breast cancer.

Stawell Health Oncology Rehabilitation
srh.org.au
03 5358 8556
Provides a cancer rehabilitation program aimed at increasing fitness and providing social and emotional support.

Need information and support about adjusting to life after cancer?
Call 13 11 20 to speak with an experienced cancer nurse or email askanurse@cancervic.org.au. To speak with a nurse through an interpreter, call 13 14 50.
St John of God Oncology Rehabilitation
sjog.org.au
Search for ‘oncology rehabilitation’
A personalised health care program to help improve health and wellbeing. Offered in Ballarat, Bendigo, Frankston, Geelong and Warrnambool.

St Vincent’s Hospital Oncology Rehabilitation
svhm.org.au
Search for ‘oncology rehabilitation’
9231 2324
A specialised program offering exercise and information on how to improve health and wellbeing.

The Victorian Rehabilitation Centre
vicrorehab.com.au
9566 2777
Offer a cancer rehabilitation exercise and education program.

Victorian Paediatric Integrated Cancer Service Long-term Follow-up Program
pics.org.au
Search for ‘long term follow up clinical service’
ltf.program@rch.org.au
Supports children, adolescent and young adults who have had cancer and their families as they move from treatment to survivorship. Clinics are held at the Royal Children’s Hospital, Monash Children’s Hospital, Peter MacCallum Cancer Centre, the Royal Melbourne Hospital, Alfred Health and at selected regional centres.

Apps for healthy living
Looking for an app that can support you to live a healthy life? Vic Health assessed over 300 apps and created the The Healthy Living Apps guide. The guide aims to help users understand more about a selection of health and wellbeing apps that are available in app stores. Search on ‘Vic Health Healthy Living Apps’ to find out more.
Aborigines Advancement League 34
Access Australia 88
ACON 88
Advance Care Planning Australia 60, 73
Albury Wodonga Aboriginal Health Service 35
Albury Wodonga Cancer Foundation 72
Albury Wodonga Regional Cancer Centre 11
The Alfred 8, 30
Alfred Health Care Services 49
Alfred Health Radiation Oncology 8
Alfred Hospital Late Effects Clinic 96
American Cancer Society 20
Anam Cara House Colac 63
Anam Cara House Geelong 63
Andrology Australia 88
Anxiety Disorders Association of Australia 83
Arabic Welfare Incorporated 37
Asbestos Council of Victoria – GARDS 45
Asbestoswise 45
Association of Massage Therapists 91
Asylum Seeker Resource Centre 37
Austin Clinical Genetics Services 30
Austin Health Olivia Newton-John Cancer Wellness and Research Centre 8
Australasian Gastro-Intestinal Trials Group 27
Australasian Leukaemia and Lymphoma Group 27, 42
Australasian Lung Cancer Trials Group 27
Australasian Lymphology Association 77
Australasian Sarcoma Study Group 27, 46
Australia and New Zealand Children’s Haematology/Oncology Group 27
Australia and New Zealand Gynaecological Oncology Group 27
Australia and New Zealand Melanoma Trials Group 27
Australian Acupuncture and Chinese Medicine Association 91
Australian and New Zealand Arts Therapy Association 91
Australian and New Zealand Urogenital and Prostate Cancer Trials Group 28
Australian Association of Stomal Therapy Nurses 68
Australian Cancer Survivorship Centre – A Richard Pratt Legacy 96
Australian Cancer Trials 28
Australian Centre for Grief and Bereavement 73
Australian Cervical Cancer Foundation 44
Australian Council of Stoma Associations 68
Australian Counselling Association 83
Australian Creative Arts Therapies Association 91
Australian Croatian Community Services 37
Australian Dietetic Guidelines 77
Australian Feldenkrais Guild 91
Australian Filipino Community Services 39
Australian Financial Security Authority 56
Australian Funeral Directors Association 73
Australian German Welfare Society 39
Australian Gynaecological Cancer Foundation 44
Australian Hypnotherapists Association 91
Australian Indigenous HealthInfoNet 34
| Australian Indigenous HealthInfoNet Yarning Places | 34 | Bernie Banton Foundation | 45 |
| Australian Massage Directory | 91 | Better Access Initiative | 83 |
| Australian Men’s Shed Association | 83 | Better Health Channel | 20 |
| Australian Multicultural Community Services | 39 | Beyond Five | 44 |
| Australian Music Therapy Association | 91 | beyondblue | 83 |
| Australian New Zealand Clinical Trials Registry | 28 | Black Dog Institute | 83 |
| Australian Physiotherapy Association | 77 | BMDI Rotary House | 63 |
| Australian Prostate Cancer Research | 28 | The Bottom Line | 42 |
| Australian Psychological Society | 83 | Bowel Cancer Australia | 43 |
| Australian Society of Teachers of the Alexander Technique | 91 | Box Hill Hospital | 8 |
| Australian Taxation Office – Superannuation | 56 | Brain Tumour Alliance Australia | 43 |
| Australian Thyroid Foundation | 46 | Brainchild Foundation | 43 |
| Australian Traditional Medicine Society | 93 | BrainLink | 43 |
| Australian Turkish Association | 39 | Breast Cancer Network Australia | 28, 43 |
| Bairnsdale Regional Health Service | 11 | Breast Cancer Network | 43 |
| Ballarat and District Aboriginal Cooperative | 35 | Revitalise | 96 |
| Ballarat Health – Ballarat Regional Integrated Cancer Centre | 14 | Breast Cancer Trials | 28 |
| Ballarat Health Services | 49 | Brunswick Private | 96 |
| Ballarat Oncology and Haematology Services | 16 | Budja Budja Aboriginal Cooperative | 35 |
| Barwon Health | 49 | Cabrini Brighton | 9 |
| Barwon Health – Andrew Love Cancer Centre | 14, 63 | Cabrini Health | 96 |
| Barwon South Western Regional Integrated Cancer Services | 72 | Cabrini Health Family Cancer Clinic | 30 |
| The Bays Hospital | 16 | Cabrini Malvern | 9 |
| Beleura Private Hospital | 16 | Camp Quality | 51 |
| Bendigo and District Aboriginal Cooperative | 35 | Camp Quality Kids Guide to Cancer App | 51 |
| Bendigo Health | 14, 50 | Cancer Australia | 20 |
| Bendigo Health Accomodation | 64 | Cancer Australia Children’s Cancer | 51 |
| Bereavement Care Centre | 74 | Cancer Council Australia | 20 |
| | | Cancer Council Australia – ‘iheard’ | 20 |
| | | Cancer Council – What to expect | 20 |
| | | Cancer Council Online Community | 83 |
| | | Cancer Council Victoria | 20, 39 |
| | | Cancer Council Victoria Aboriginal Communities Support Services | 34 |
| | | Cancer Council Victoria Australian Breakthrough Cancer Study | 28 |
| | | Cancer Council Victoria Cancer Connect | 83 |
Cancer Council Victoria Cancer Support Groups 39, 83
Cancer Council Victoria Childhood Cancers 51
Cancer Council Victoria Family Connect 48
Cancer Council Victoria Financial Assistance Program 56
Cancer Council Victoria Healthy Living after Cancer 96
Cancer Council Victoria Holiday Break 48
Cancer Council Victoria Intimacy Counselling 84
Cancer Council Victoria Living with Cancer Education Program 77
Cancer Council Victoria Telephone Support Groups 83
Cancer Council Victoria Wellness and Life after Cancer 97
Cancer Council Victoria Wig Service 77
Cancer Rehab Melbourne 97
Cancer Research UK 20
CanTeen 51
CanTeen Maybe Later Baby 88
Carer Card 48
Carer Gateway 48
Carers Victoria 48, 49
CareSearch 19
CaringBridge 84
Castlemaine Health Survive and Thrive 97
Central Gippsland Health Service 14
Challenge Supporting Kids with Cancer 51
Children’s Cancer Foundation 51
Chinese Cancer Society of Victoria 39, 84
Chinese Community Social Services Centre 39
Chronic Pain Australia 77
Co.As.It 39
Colac Area Health Service 14
The Compassionate Friends Victoria 75
Consumer Action Law Centre 60
Consumer Affairs Victoria 56
Consumer Involvement in Cancer Cooperative Trials Group 29
Continence Aids Payments Scheme (CAPS) 68
Continence Foundation of Australia 68
Cooperative Trials Group for Neuro-Oncology 29
Counterpart 43, 44, 77
Counterpart Stepping into Wellness 97
Credit and Investments Ombudsman 57
Dandenong and District Aborigines Co-operative 34
Death over Dinner 74
Department of Human Services Home renovation loan for owners 57
Department of Human Services Victoria Concessions 57
Department of Social Services Emergency Care Plan 48
Department of Social Services Financial Information Service 57
Dhauwurd Warrung Elderly and Community Health 35
Dietitians Association of Australia Dreams2Live4 84
Dying to talk 74
East Grampians Health Service 14
Eastern Health Cancer Rehabilitation Centre 97
Echuca Regional Health 14
End of Life Law in Australia 74
Epworth Eastern 9
Epworth Freemasons Hospital 9
<table>
<thead>
<tr>
<th>Organization</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Epworth Geelong</td>
<td>16</td>
</tr>
<tr>
<td>Epworth Healthcare Enhance</td>
<td>97</td>
</tr>
<tr>
<td>Epworth Richmond</td>
<td>9</td>
</tr>
<tr>
<td>Exercise and Sports Science Australia</td>
<td>77</td>
</tr>
<tr>
<td>Fair Work Commission</td>
<td>55</td>
</tr>
<tr>
<td>Fair Work Ombudsman</td>
<td>55</td>
</tr>
<tr>
<td>Family Planning Victoria</td>
<td>88</td>
</tr>
<tr>
<td>FamilyCare</td>
<td>50</td>
</tr>
<tr>
<td>Federation of Community Legal Centres Victoria</td>
<td>60</td>
</tr>
<tr>
<td>Filipino Community Council of Victoria</td>
<td>39</td>
</tr>
<tr>
<td>Financial Counselling Australia</td>
<td>58</td>
</tr>
<tr>
<td>Financial Ombudsman Service</td>
<td>58</td>
</tr>
<tr>
<td>Fitness Australia</td>
<td>77</td>
</tr>
<tr>
<td>Footscray Hospital</td>
<td>8</td>
</tr>
<tr>
<td>Frances Perry House</td>
<td>9</td>
</tr>
<tr>
<td>Frankston Hospital</td>
<td>8</td>
</tr>
<tr>
<td>Funeral Celebrants Association of Australia</td>
<td>74</td>
</tr>
<tr>
<td>Gather My Crew</td>
<td>66</td>
</tr>
<tr>
<td>Gathered Here</td>
<td>74</td>
</tr>
<tr>
<td>Geelong Ostomy Association</td>
<td>69</td>
</tr>
<tr>
<td>GenesisCare Radiation Oncology</td>
<td>14</td>
</tr>
<tr>
<td>Albury</td>
<td></td>
</tr>
<tr>
<td>GenesisCare Radiation Oncology</td>
<td>14</td>
</tr>
<tr>
<td>Berwick</td>
<td></td>
</tr>
<tr>
<td>GenesisCare Radiation Oncology</td>
<td>10</td>
</tr>
<tr>
<td>Epping</td>
<td></td>
</tr>
<tr>
<td>GenesisCare Radiation Oncology</td>
<td>10</td>
</tr>
<tr>
<td>Fitzroy</td>
<td></td>
</tr>
<tr>
<td>GenesisCare Radiation Oncology</td>
<td>10</td>
</tr>
<tr>
<td>Footscray</td>
<td></td>
</tr>
<tr>
<td>GenesisCare Radiation Oncology</td>
<td>10</td>
</tr>
<tr>
<td>Frankston</td>
<td></td>
</tr>
<tr>
<td>GenesisCare Radiation Oncology</td>
<td>10</td>
</tr>
<tr>
<td>Ringwood</td>
<td></td>
</tr>
<tr>
<td>Gippsland and East Gippsland Aboriginal Cooperative</td>
<td>35</td>
</tr>
<tr>
<td>Gippsland Cancer Care Centre</td>
<td>14</td>
</tr>
<tr>
<td>Latrobe Regional Hospital</td>
<td></td>
</tr>
<tr>
<td>Gippsland Radiation Oncology</td>
<td>14</td>
</tr>
<tr>
<td>Gippsland Cancer Care Centre – Latrobe Regional Hospital</td>
<td>14</td>
</tr>
<tr>
<td>Gippsland Regional Integrated Cancer Services</td>
<td>72</td>
</tr>
<tr>
<td>Gippsland Rotary Centenary House</td>
<td>64</td>
</tr>
<tr>
<td>Gippsland Southern Health Service</td>
<td>14</td>
</tr>
<tr>
<td>Good Grief</td>
<td>75</td>
</tr>
<tr>
<td>Good Shepherd Microfinance</td>
<td></td>
</tr>
<tr>
<td>No Interest Loan Schemes</td>
<td>58</td>
</tr>
<tr>
<td>Goolum Goolum Aboriginal</td>
<td></td>
</tr>
<tr>
<td>Cooperative</td>
<td>35</td>
</tr>
<tr>
<td>Goulburn Valley Health</td>
<td>14</td>
</tr>
<tr>
<td>Grampians Regional Integrated Cancer Services</td>
<td>72</td>
</tr>
<tr>
<td>Gunditjmara Aboriginal Cooperative Ltd.</td>
<td>35</td>
</tr>
<tr>
<td>Headspace</td>
<td>86</td>
</tr>
<tr>
<td>Health Complaints Commissioner</td>
<td>60</td>
</tr>
<tr>
<td>Health Translations</td>
<td>20</td>
</tr>
<tr>
<td>Healthdirect Australia</td>
<td>20</td>
</tr>
<tr>
<td>Hepatitis Australia</td>
<td>44</td>
</tr>
<tr>
<td>Hilltop Albury/Wodonga Patient and Carer Accommodation Centre</td>
<td>64</td>
</tr>
<tr>
<td>Hume Regional Integrated Cancer Services</td>
<td>72</td>
</tr>
<tr>
<td>Ileostomy Association of Victoria</td>
<td>69</td>
</tr>
<tr>
<td>Impotence Australia</td>
<td>88</td>
</tr>
<tr>
<td>International Aromatherapy and Aromatic Medicine Association</td>
<td>93</td>
</tr>
<tr>
<td>Islamic Council of Victoria</td>
<td>39</td>
</tr>
<tr>
<td>Islamicare – Parents Helpline</td>
<td>40</td>
</tr>
<tr>
<td>It’s About Us</td>
<td>84</td>
</tr>
<tr>
<td>Jean Hailes for Women’s Health</td>
<td>79, 84</td>
</tr>
<tr>
<td>Jewish Care</td>
<td>40</td>
</tr>
<tr>
<td>JobAccess</td>
<td>55</td>
</tr>
<tr>
<td>John Fawkner Private Hospital</td>
<td>10</td>
</tr>
<tr>
<td>John Logan Cancer Treatment Foundation</td>
<td>58</td>
</tr>
<tr>
<td>Kerang District Health</td>
<td>14</td>
</tr>
<tr>
<td>Kidney Health Australia</td>
<td>44</td>
</tr>
<tr>
<td>Kids Helpline</td>
<td>51, 86</td>
</tr>
<tr>
<td>Kids with Cancer Foundation</td>
<td>58</td>
</tr>
<tr>
<td>Kirrae Health Services Inc.</td>
<td>35</td>
</tr>
<tr>
<td>Know your Council</td>
<td>70</td>
</tr>
<tr>
<td>Knox Private Hospital</td>
<td>10</td>
</tr>
<tr>
<td>Kyabram and District Health Service</td>
<td>15</td>
</tr>
<tr>
<td>Lake Tyers Health and Children’s Services</td>
<td>36</td>
</tr>
<tr>
<td>Lakes Entrance Aboriginal Health Association</td>
<td>35</td>
</tr>
<tr>
<td>Latrobe Community Health Service</td>
<td>50</td>
</tr>
<tr>
<td>Law Institute of Victoria</td>
<td>60</td>
</tr>
<tr>
<td>Leukaemia Foundation</td>
<td>42</td>
</tr>
<tr>
<td>Leukaemia Foundation Accomodation Service</td>
<td>63</td>
</tr>
<tr>
<td>Leukaemia Foundation Transport Program</td>
<td>64</td>
</tr>
<tr>
<td>Lifeline</td>
<td>84</td>
</tr>
<tr>
<td>Loddon Mallee Integrated Cancer Services</td>
<td>72</td>
</tr>
<tr>
<td>Look Good Feel Better</td>
<td>79, 85</td>
</tr>
<tr>
<td>Lovlist</td>
<td>66</td>
</tr>
<tr>
<td>Lung Cancer Network Australia</td>
<td>44</td>
</tr>
<tr>
<td>Lymphoedema Association of Victoria</td>
<td>79</td>
</tr>
<tr>
<td>Lymphoedema Compression Garment Program</td>
<td>69</td>
</tr>
<tr>
<td>Lymphoma Australia</td>
<td>42</td>
</tr>
<tr>
<td>Macedonian Community Welfare Association</td>
<td>40</td>
</tr>
<tr>
<td>Macmillan Cancer Support (UK)</td>
<td>20</td>
</tr>
<tr>
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<tr>
<td>Service</td>
<td>Page</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Mummy's Wish</td>
<td>52</td>
</tr>
<tr>
<td>Mungabareena Aboriginal Corporation</td>
<td>36</td>
</tr>
<tr>
<td>Murray Valley Aboriginal Cooperative</td>
<td>36</td>
</tr>
<tr>
<td>My Aged Care</td>
<td>48, 66</td>
</tr>
<tr>
<td>Myeloma Foundation of Australia</td>
<td>42</td>
</tr>
<tr>
<td>My Health Record</td>
<td>69</td>
</tr>
<tr>
<td>My Wedding Wish</td>
<td>85</td>
</tr>
<tr>
<td>National Breast Cancer Foundation</td>
<td>43</td>
</tr>
<tr>
<td>National Cancer Institute</td>
<td>20</td>
</tr>
<tr>
<td>National Debt Helpline</td>
<td>59</td>
</tr>
<tr>
<td>National Health and Medical Research Council Clinical Trials Centre</td>
<td>29</td>
</tr>
<tr>
<td>National Health Services Directory</td>
<td>70</td>
</tr>
<tr>
<td>National Herbalists Association of Australia</td>
<td>93</td>
</tr>
<tr>
<td>National Indigenous Cancer Network</td>
<td>34</td>
</tr>
<tr>
<td>The National Institute of Complementary Medicine</td>
<td>93</td>
</tr>
<tr>
<td>National Public Toilet Map</td>
<td>69</td>
</tr>
<tr>
<td>Neuroblastoma Australia</td>
<td>43, 45</td>
</tr>
<tr>
<td>Njernda Aboriginal Corporation</td>
<td>36</td>
</tr>
<tr>
<td>North Eastern Melbourne Integrated Cancer Services</td>
<td>71</td>
</tr>
<tr>
<td>Northeast Health Wangaratta</td>
<td>15</td>
</tr>
<tr>
<td>Northern Hospital</td>
<td>9</td>
</tr>
<tr>
<td>NPS Medicine Wise Adverse Medicine Events Line</td>
<td>69</td>
</tr>
<tr>
<td>NPS Medicine Wise Medicine List</td>
<td>69</td>
</tr>
<tr>
<td>NPS Medicine Wise Pain Diary</td>
<td>69</td>
</tr>
<tr>
<td>Nurse-On-Call</td>
<td>66</td>
</tr>
<tr>
<td>Nutrition Australia</td>
<td>79</td>
</tr>
<tr>
<td>Office of the Australian Information Commissioner</td>
<td>60</td>
</tr>
<tr>
<td>Office of the Public Advocate Powers of Attorney</td>
<td>61</td>
</tr>
<tr>
<td>Oncology Clinics Victoria Walking Group</td>
<td>79</td>
</tr>
<tr>
<td>Oncology Massage Limited</td>
<td>93</td>
</tr>
<tr>
<td>ONTrac at Peter Mac Reactivate</td>
<td>101</td>
</tr>
<tr>
<td>ONTrac at Peter Mac Victorian Adolescent and Young Adult Cancer Service</td>
<td>52</td>
</tr>
<tr>
<td>Osteoporosis Australia</td>
<td>79</td>
</tr>
<tr>
<td>Ostomy Association Melbourne</td>
<td>69</td>
</tr>
<tr>
<td>OTIS Foundation Breast Cancer Retreats</td>
<td>48</td>
</tr>
<tr>
<td>Ovarian Cancer Australia</td>
<td>44</td>
</tr>
<tr>
<td>Paediatric Integrated Cancer Services</td>
<td>71</td>
</tr>
<tr>
<td>Palliative Care Clinical Studies Collaborative</td>
<td>29</td>
</tr>
<tr>
<td>Palliative Care Victoria</td>
<td>19</td>
</tr>
<tr>
<td>Pancreas Foundation</td>
<td>46, 59</td>
</tr>
<tr>
<td>Parentline Victoria</td>
<td>52</td>
</tr>
<tr>
<td>Pathfinder</td>
<td>29</td>
</tr>
<tr>
<td>PBS Safety Net card</td>
<td>59</td>
</tr>
<tr>
<td>Peace of Mind Foundation</td>
<td>43</td>
</tr>
<tr>
<td>Peninsula and Southeast Oncology</td>
<td>11</td>
</tr>
<tr>
<td>Peninsula Cancer Rehabilitation Program</td>
<td>97</td>
</tr>
<tr>
<td>Peninsula Health Cancer Rehabilitation Program</td>
<td>97</td>
</tr>
<tr>
<td>Peninsula Private Hospital</td>
<td>11</td>
</tr>
<tr>
<td>Peter MacCallum Cancer Centre</td>
<td>9, 63</td>
</tr>
<tr>
<td>Peter MacCallum Cancer Centre Late Effects Service</td>
<td>101</td>
</tr>
<tr>
<td>Peter MacCallum Familial Cancer Centre</td>
<td>30</td>
</tr>
<tr>
<td>Pinc and Steel Cancer Rehabilitation Trust</td>
<td>101</td>
</tr>
<tr>
<td>Pleasant Apartments</td>
<td>64</td>
</tr>
<tr>
<td>Polish Community Council of Victoria</td>
<td>41</td>
</tr>
<tr>
<td>Portland District Health</td>
<td>15</td>
</tr>
<tr>
<td>Primary Care Collaborative Cancer Clinical Trials Group</td>
<td>29</td>
</tr>
<tr>
<td>Private Health Insurance Ombudsman</td>
<td>61</td>
</tr>
<tr>
<td>PRONIA – Australia Greek Welfare Society</td>
<td>41</td>
</tr>
</tbody>
</table>
Prostate Cancer Foundation of Australia 46, 85
PROSTMATE 46
Psycho-oncology Co-operative Research Group 29
Psychotherapy and Counselling Federation of Australia 93
Qlife 85
Quitline 85
Radiation Oncology Targeting Cancer 20
Ramahyuck District Aboriginal Corporation 36
Rare Cancers Australia 46
Redkite 52, 59
Register4 29
Relationships Australia Victoria 85
Respite Victoria 48
Ringwood Private Hospital 11
Ronald McDonald House Charities 63
Ronald McDonald House Charities Charlie Bell Scholarship 59
Ronald McDonald Learning Program 52
Rosebud Hospital 15
Royal Children’s Hospital 9
The Royal Melbourne Hospital 9
The Royal Melbourne Hospital Familial Cancer Centre 30
Royal Women’s Hospital 9, 89
Rumbalara Aboriginal Cooperative Ltd 36
Ryder-Cheshire Ivanhoe Home 63
SANE Australia 86
Seymour Health 15
Skin and Cancer Foundation 46
Social Security Rights Victoria Inc 61
South Eastern Private Hospital 11, 101
South West Health Care Rotary House 64
South West Regional Cancer Centre 15
Southern Melbourne Integrated Cancer Services 71
Spectrum Migrant Resource Centre 41
Speech Pathology Australia 79
Springvale Indo-Chinese Mutual Assistance Association 41
St John of God Health Care Ballarat 16
St John of God Health Care Bendigo 16
St John of God Health Care Berwick Hospital 11
St John of God Health Care Geelong 17
St John of God Health Care Warmabool 17
St John of God Hospital – Ballarat Rotary House 64
St Vincent’s Hospital 9
St Vincent’s Hospital Oncology Rehabilitation 102
St Vincent’s Hospital East Melbourne 11
St Vincent’s Private Hospital Fitzroy 11
St Vincent’s Private Hospital Werribee 11
Starlight Children’s Foundation Australia 52
State Trustees 61
State-wide Equipment Program 69
Stawell Health Oncology Rehabilitation 101
Stawell Regional Health 16
Stem Cells Australia 29
Stoma Appliance Scheme (SAS) 69
Suicide Line 86
Sunraysia Cancer Resources 72
Sunshine Hospital 9
Surrogacy Australia 89
Swan Hill District Health 16
Think Pink Foundation 43, 63
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trans Tasman Radiation Oncology Group</td>
<td>29</td>
</tr>
<tr>
<td>Travellers Aid</td>
<td>65</td>
</tr>
<tr>
<td>Unicorn Foundation</td>
<td>45</td>
</tr>
<tr>
<td>United – Spanish Latin-American Welfare Centre</td>
<td>41</td>
</tr>
<tr>
<td>The Valley Private Hospital</td>
<td>11</td>
</tr>
<tr>
<td>Very Special Kids</td>
<td>52</td>
</tr>
<tr>
<td>Victoria Paediatric Integrated Cancer Service</td>
<td>52</td>
</tr>
<tr>
<td>Victorian Aboriginal Community Controlled Health Organisation Inc.</td>
<td>34</td>
</tr>
<tr>
<td>Victorian Aboriginal Health Service</td>
<td>34</td>
</tr>
<tr>
<td>Victorian Arabic Social Services</td>
<td>41</td>
</tr>
<tr>
<td>Victorian Assisted Reproductive Treatment Authority (VARTA)</td>
<td>89</td>
</tr>
<tr>
<td>Victorian Cancer Trials Link</td>
<td>29</td>
</tr>
<tr>
<td>Victorian Continence Resource Centre</td>
<td>69</td>
</tr>
<tr>
<td>Victorian Equal Opportunity and Humans Rights Commission</td>
<td>61</td>
</tr>
<tr>
<td>Victorian Law Foundation Everyday-Law</td>
<td>61</td>
</tr>
<tr>
<td>Victorian Legal Aid</td>
<td>61</td>
</tr>
<tr>
<td>Victorian Paediatric Integrated Cancer Service Long-term Follow-Up Program</td>
<td>102</td>
</tr>
<tr>
<td>Victorian Patient Transport Assistance Scheme</td>
<td>60, 64</td>
</tr>
<tr>
<td>The Victorian Rehabilitation Centre</td>
<td>102</td>
</tr>
<tr>
<td>Victorian Transcultural Mental Health</td>
<td>41</td>
</tr>
<tr>
<td>Vietnamese Women’s Association</td>
<td>41</td>
</tr>
<tr>
<td>Villa Maria Catholic Homes</td>
<td>50</td>
</tr>
<tr>
<td>Vision Australia</td>
<td>79</td>
</tr>
<tr>
<td>Warringal Private Hospital</td>
<td>11</td>
</tr>
<tr>
<td>Wathaurong Aboriginal Co-operative</td>
<td>36</td>
</tr>
<tr>
<td>Waverley Private Hospital</td>
<td>11</td>
</tr>
<tr>
<td>West Gippsland Hospital</td>
<td>16</td>
</tr>
<tr>
<td>Western and Central Melbourne Integrated Cancer Services</td>
<td>71</td>
</tr>
<tr>
<td>Western District Health Service</td>
<td>16</td>
</tr>
<tr>
<td>Hamilton Base Hospital</td>
<td>16</td>
</tr>
<tr>
<td>Western Private Hospital</td>
<td>11</td>
</tr>
<tr>
<td>Wimmera Health Care Group</td>
<td>16</td>
</tr>
<tr>
<td>Wimmera Health Rotary House</td>
<td>64</td>
</tr>
<tr>
<td>Winda-Mara Aboriginal Corporation</td>
<td>36</td>
</tr>
<tr>
<td>Wombat’s Wish</td>
<td>52</td>
</tr>
<tr>
<td>Women’s Information and Referral Exchange (WIRE)</td>
<td>86</td>
</tr>
<tr>
<td>Work after Cancer</td>
<td>55</td>
</tr>
<tr>
<td>Working Carers Gateway</td>
<td>48</td>
</tr>
<tr>
<td>WorkSafe</td>
<td>55</td>
</tr>
<tr>
<td>Yarra Ranges Health</td>
<td>9</td>
</tr>
<tr>
<td>Yoga Australia</td>
<td>93</td>
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</table>
“I am so glad I called”

Speak with one of our experienced and understanding cancer nurses for information and support you can trust.

Cancer information and support 13 11 20
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