



Cancer Services

A guide to support services for Victorians affected by cancer

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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.

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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.



Email at **www.cancervic.org.au/ask-a-nurse**.



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.

Metropolitan – Public

The Alfred

Melbourne
alfredhealth.org.au
9076 2000

Alfred Health Radiation Oncology William Buckland Radiotherapy Centre

Melbourne
alfredhealth.ro
9076 2337

Austin Health

Olivia Newton-John Cancer Wellness and Research Centre

Heidelberg
onjcancercentre.org
9496 5000

Box Hill Hospital

Box Hill
easternhealth.org.au
1300 342 255

Footscray Hospital

Footscray
westernhealth.org.au
8345 6666

Frankston Hospital

Frankston
peninsulahealth.org.au
9784 7211

Maroondah Hospital

Ringwood East
easternhealth.org.au
1300 342 255

Mercy Hospital for Women

Heidelberg
mercyhealth.com.au
8458 4444

Monash Children's Hospital

Clayton
monashchildrenshospital.org
13 KIDS / 13 54 37

Monash Medical Centre

Clayton
monashhealth.org
9594 6666

Moorabbin Hospital

East Bentleigh
monashhealth.org
9928 8111



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

GenesisCare Radiation Oncology Centre

Berwick
genesiscare.com.au/vic
8794 2700

GenesisCare Radiation Oncology Centre

Epping
genesiscare.com.au/vic
9409 8000

GenesisCare Radiation Oncology Centre

St Vincent's Hospital
Fitzroy
9427 6500
genesiscare.com.au/vic

GenesisCare Radiation Oncology Centre

Footscray
genesiscare.com.au/vic
9319 3200

GenesisCare Radiation Oncology Centre

Frankston
genesiscare.com.au/vic
9781 8200

GenesisCare Radiation Oncology Centre

Ringwood
genesiscare.com.au/vic
8870 3300

John Fawcner Private Hospital

Coburg
johnfawcnerprivate.com.au
9385 2500

Knox Private Hospital

Wantirna
knoxprivatehospital.com.au
9210 7000

Melbourne Private Hospital

Parkville
melbourneprivatehospital.com.au
8341 3400



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.

Peninsula Private Hospital

Frankston
peninsulaph.com.au
9788 0000

Peninsula and Southeast Oncology

Frankston
paso.com.au
9781 5244

Ringwood Private Hospital

Ringwood East
ringwoodprivatehospital.com.au
8804 4000

South Eastern Private Hospital

Nobel Park
southeasternprivate.com.au
9549 6555

**St John of God Health Care
Berwick Hospital**

Berwick
sjog.org.au
9709 1414

St Vincent's Private Hospital

East Melbourne (Mercy)
svphm.org.au
9928 6551

St Vincent's Private Hospital

Fitzroy
svphm.org.au
9411 7111

St Vincent's Private Hospital

Werribee
svphm.org.au
9411 7434

The Valley Private Hospital

Mulgrave
thevalleyprivate.com.au
9790 9333

Warringal Private Hospital

Heidelberg
warringalprivate.com.au
9274 1300

Waverley Private Hospital

Mt Waverley
waverleyprivate.com.au
9881 7700

Western Private Hospital

Footscray
westernprivatehospital.com.au
9318 3177

Regional – Public**Albury Wodonga Regional
Cancer Centre
The Border Cancer Hospital**

Albury
awh.org.au
02 6064 1400

Bairnsdale Regional Health Service

Bairnsdale
brhs.com.au
03 5150 333



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.

**Ballarat Health – Ballarat Regional
Integrated Cancer Centre**

Ballarat
bricc.bhs.org.au
03 5320 8500

**Barwon Health – Andrew Love
Cancer Centre**

Geelong
barwonhealth.org.au
03 4215 2700

Bendigo Health

Bendigo
bendigohealth.org.au
03 5454 6000

**Central Gippsland Health Service
Sale Hospital**

Sale
gha2.net.au/cghs
03 5143 8600

Colac Area Health Service

Colac
swarh2.com.au/cah
03 5232 5100

East Grampians Health Service

Ararat
eghs.net.au
03 5352 9300

Echuca Regional Health

Echuca
erh.org.au
03 5485 5000

**GenesisCare Radiation
Oncology Centre**

Albury
genesiscare.com.au/vic
02 6043 7800

**Gippsland Radiation Oncology
Gippsland Cancer Care Centre
Latrobe Regional Hospital**

Traralgon West
alfredhealth.ro
03 5173 8770

**Gippsland Cancer Care Centre
Latrobe Regional Hospital**

Traralgon West
lrh.com.au
03 5173 8000

Gippsland Southern Health Service

Leongatha
gshs.com.au
03 5667 5555

Goulburn Valley Health

Shepparton
gvhealth.org.au
03 5832 2322

Kerang District Health

Kerang
kerangdistricthealth.com.au
03 5450 9200

**Kyabram and District Health
Service**

Kyabram
kyhealth.org.au
03 5857 0200

Maryborough District Health Service

Maryborough
mdhs.vic.gov.au
03 5461 0333

Melton Health

Melton West
djhs.org.au
03 9747 7600

Mildura Base Hospital

Mildura
mildurabase.com.au
03 5022 3333

Northeast Health Wangaratta

Wangaratta
nhw.hume.org.au
03 5722 5111

Portland District Health

Portland
swarh2.com.au/pdh
03 5521 0333

Rosebud Hospital

Rosebud West
peninsulahealth.org.au
03 5986 0666

Seymour Health

Seymour
seymourhealth.org.au
03 5793 6100

South West Regional Cancer Centre

Warrnambool
swrcc.org.au
03 5565 2000



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

Waurm 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	Lung Cancer
Basal and Squamous Cell Carcinoma	Lymphoma
Bowel Cancer	Melanoma
Breast Cancer	Oesophagogastric Cancer
Cancer of the Unknown Primary	Ovarian Cancer
Endometrial Cancer (Uterine)	Pancreatic Cancer
Head and Neck	Peritoneal Mesothelioma
High Grade Glioma	Pleural Mesothelioma
Liver Cancer	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 Lung Cancer
Understanding Anal Cancer	Understanding Melanoma
Understanding Bladder Cancer	Understanding Ovarian Cancer
Understanding Bowel Cancer	Understanding Pancreatic Cancer
Understanding Brain Tumours	Understanding Mesothelioma
Understanding Breast Cancer	Understanding Primary Bone Cancer
Understanding Cancer in the Liver	Understanding Prostate Cancer
Understanding Cancer of the Unknown Primary	Understanding Skin Cancer
Understanding Cancer of the Uterus	Understanding Stomach and Oesophageal Cancers
Understanding Cervical Cancer	Understanding Testicular Cancer
Understanding Head and Neck Cancers	Understanding Thyroid Cancer
Understanding Kidney Cancer	Understanding Vulvar and Vaginal Cancers

Treatments

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



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 out 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.

**Australasian Gastro-Intestinal
Trials Group**

agitg.org.au
1300 666 769

**Australasian Leukaemia and
Lymphoma Group**

allg.org.au
8373 9703

**Australasian Lung Cancer Trials
Group**

altg.com.au
07 3251 3600

Australasian Sarcoma Study Group

australiansarcomagroup.org
1800 177 657

**Australia and New Zealand
Children's Haematology/Oncology
Group**

anzchog.org.au

**Australia and New Zealand
Gynaecological Oncology Group**

anzgog.org
02 8071 4880

**Australia and New Zealand
Melanoma Trials Group**

anzmtg.org
02 9911 7352

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 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*.



**Australian and New Zealand
Urogenital and Prostate (ANZUP)
Cancer Trials Group**

anzup.org.au
02 9562 5033

Australian Cancer Trials

australiancancertrials.gov.au
02 9562 5333

**Australian New Zealand Clinical
Trials Registry**

anzctr.org.au
02 9562 5333

**Australian Prostate Cancer
Research**

prostatecancerresearch.org.au

Breast Cancer Network Australia

bcna.org.au/get-involved/participate-
in-research
1800 500 258

Breast Cancer Trials

breastcancertrials.org.au
1800 423 444

**Cancer Council Victoria
Australian Breakthrough Cancer
Study (ABC)**

abcstudy.com.au
1800 688 419

Cancer Trials Australia

cancertrialsaustralia.com
9342 7306



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
consumerlearning.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
cabrini.com.au/patients-and-families/services/directory/family-cancer-clinic
 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.

Region	Family Cancer Clinic
Albury/Wodonga	Austin Clinical Genetics Service
Ballarat	Austin Clinical Genetics Service
Bendigo	Peter MacCallum Familial Cancer Centre
Geelong	The Royal Melbourne Hospital Familial Cancer Centre
Mildura	Peter MacCallum Familial Cancer Centre
Moe	Monash Health Familial Cancer Centre
Shepparton	Austin Clinical Genetics Service
Traralgon	Monash Health Familial Cancer Centre
Warrnambool	The Royal Melbourne Hospital Familial Cancer Centre



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.



Aboriginal 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
healthinonet.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.
vaccho.org.au
9411 9411

Aboriginal Community Controlled Organisations

Metropolitan

Aborigines Advancement League
Thornbury
9480 7777

Dandenong and District Aborigines Co-operative
Dandenong
ddacl.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

Albury Wodonga Aboriginal Health Service

Glenroy NSW 2640
02 6040 1200

Ballarat and District Aboriginal Cooperative

Ballarat
badac.net.au
03 5331 5344

Bendigo and District Aboriginal Cooperative

Bendigo
bdac.com.au
03 5442 4947

Budja Budja Aboriginal Cooperative

Halls Gap
budjabudjacoop.org.au
03 5356 4751

Dhauwurd Warrung Elderly and Community Health

Portland
dwech.com.au
1300 202 664

Gippsland and East Gippsland Aboriginal Cooperative

Bairnsdale
gegac.org.au
03 5150 0700

Goolum Goolum Aboriginal Cooperative

Horsham
goolumgoolum.org.au
03 5381 6333

Gunditjmara Aboriginal Cooperative Ltd.

Warrnambool
gunditjmara.org.au
03 5559 1234

Kirrae Health Services Inc.

Purnim
kirraehealth.com
03 5567 1270

Lakes Entrance Aboriginal Health Association

Lakes Entrance
djillayngalu.org.au
03 5155 1051

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**.



Multicultural health and wellbeing

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

Australian Croatian Community Services

accs.asn.au

Asylum Seeker Resource Centre

asrc.org.au

Dandenong
9791 6000

Dandenong
8772 1380

Footscray
9689 5811

Footscray
9326 6066



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).

Australian Filipino Community Services

afcsvictoria.org.au
9701 3683

Australian German Welfare Society

germanwelfare.org.au
9696 0907

Australian Multicultural Community Services

amcservices.org.au
9689 9170

Australian Turkish Association

austurkish.org.au
9583 4744

Cancer Council Victoria

cancervic.org.au/languages
13 11 20

**Cancer Council Victoria
Cancer Support Groups**

cancervic.org.au/how-we-can-help/
find-a-support-group
13 11 20

Available for Greek, Italian, Chinese
and Jewish communities.

Chinese Cancer Society of Victoria

ccsv.org.au
9898 9575

Chinese Community Social Services Centre

ccssci.org.au
9898 1965

Co.As.It

coasit.com.au
9349 9000
Italian aged services and
community care.

Filipino Community Council of Victoria

filipinocommunitycouncilofvictoria.
org.au
9687 9011

Islamic Council of Victoria

icv.org.au/services/nils
9328 2067
Offers a no interest loan scheme
that can be used to purchase some
medical equipment.

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 multicultural.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 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.

Visit multicultural.vic.gov.au/projects-and-initiatives/improving-language-services/victorian-interpreter-card to download a card in the required language.

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

Neuroblastoma Australia

neuroblastoma.org.au
0406 991 606

Brainchild Foundation

brainchild.org.au

Peace of Mind Foundation

peaceofmindfoundation.org.au
0411 382 457

BrainLink

brainlink.org.au
1800 677 579

Breast cancer

Breast Cancer Network Australia

bcna.org.au
1800 500 258

National Breast Cancer Foundation

nbcf.org.au
02 8098 4800

Counterpart

counterpart.org.au
1300 781 500

Think Pink Foundation

thinkpink.org.au
9820 2888

McGrath Foundation

mcgrathfoundation.com.au
02 8962 6100

Gynaecological cancers

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

Counterpart
counterpart.org.au
1300 781 500

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

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

Bernie Banton Foundation

berniebantton.com.au
1800 031 731

Asbestoswise

asbestoswise.com.au
9654 9555

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

PROSTMATE

prostmate.org.au

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](http://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](http://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/item/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

childrenscancer.canceraustralia.gov.au/

Cancer Council Victoria – Childhood Cancers

[cancervic.org.au/about-cancer/
cancer-and-children](http://cancervic.org.au/about-cancer/cancer-and-children)
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

Monkey in my Chair

monkeyinmychair.org

Missing School

missingschool.org.au
0411 162 597

Mummy's Wish

mummyswish.org.au
07 3162 8265

ONTrac at Peter Mac Victorian Adolescent and Young Adult Cancer Service

ontrac.petermac.org
8559 6880

Parentline Victoria

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

Redkite

redkite.org.au
1800 733 548

Ronald McDonald Learning Program

learningprogram.rmhc.org.au
1300 307 642

Starlight Children's Foundation Australia

starlight.org.au
1300 727 827

Very Special Kids

vsk.org.au
1800 888 875

Victorian Paediatric Integrated Cancer Service

pics.org.au
9345 4433

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

dss.gov.au/our-responsibilities/seniors/programs-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 Protheses Reimbursement Program

humanservices.gov.au/
breastprotheses
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/](http://fightcancer.org.au/what-we-do/accommodation-albury-wodonga)

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/](http://southwesthealthcare.com.au/swh/content/rotary-house-warrnambool)
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/](http://leukaemia.org.au/our-services/transport/transport-program)

transport/transport-program

1800 620 420

Mobility Allowance

[humanservices.gov.au/customer/](http://humanservices.gov.au/customer/services/centrelink/mobility-allowance)
services/centrelink/mobility-allowance

Victorian Patient Transport Assistance Scheme

health.vic.gov.au

Search for 'VPTAS'

1300 737 073

Travellers Aid

travellersaid.org.au

03 9654 2600



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 carparks 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 carparking 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.



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

stomalththerapy.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

Geelong Ostomy Association

geelongostomy.com.au
03 5243 3664

Ileostomy Association Victoria

ileostomyvic.org.au
9650 9040

Lymphoedema Compression Garment Program

mercyhealth.com.au
8458 4444

Medicare External Breast Prosthesis Reimbursement Program

humanservices.gov.au/
breastprosthesis
13 20 11

My Health Record

myhealthrecord.gov.au

National Continence Helpline

bladderbowel.gov.au
1800 330 066

National Public Toilet Map

toiletmap.gov.au

Ostomy Association Melbourne

oam.org.au
9888 8523

Stoma Appliance Scheme (SAS)

health.gov.au
1800 020 103

Victorian Continence Resource Centre

continencevictoria.org.au
1300 220 871

State-wide Equipment Program

swep.bhs.org.au
1300 747 937

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.

Service	Web address	Phone
NPS Medicine Wise – Medicine List	nps.org.au/topics/how-to-be-medicinewise/managing-your-medicines/medicines-list	1300 633 424
NPS Medicine Wise – Pain Diary	nps.org.au/health-professionals/for-your-patients/treatment-plans/pain-diary	
NPS Medicine Wise Adverse Medicine Events Line	nps.org.au/contact-us/adverse-medicines-events	1300 134 237



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**.



Facing end of life and bereavement

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 to order or download a free copy.

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.

Australian Centre for Grief and Bereavement

grief.org.au

1800 642 066

Australian Funeral Directors Association

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.

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

deathoverdinner.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.

GriefLine

griefline.org.au
1300 845 745

Phone support for people experiencing loss and grief at any stage of life.

Good Grief

goodgrief.org.au
02 8912 2700

Provides programs for children, young people and adults challenged by loss and grief aiming to build resilience and foster wellbeing.

The GroundSwell Project

thegroundswellproject.com
Community organisation using creativity to promote wellbeing throughout all phases of life.

Your Life Assist

yourlifeassist.com.au
An online advisory service and directory to assist with end of life decision making and bereavement.

Your Life Talks

yourlifetalks.com
1300 966 110
Information on how to have conversations to record a life journey and end of life wishes.

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.





Physical health and wellbeing

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 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

chronicpainaustralia.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

daa.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.

Jean Hailes for Women's Health

jeanhailes.org.au
1800 532 642

Look Good Feel Better

lgfb.org.au
1800 650 960

A workshop conducted for women and men receiving treatment, offering useful tips on dealing with changes to skin, hair and general appearance.

Lymphoedema Association of Victoria

lav.org.au
1300 852 850

Nutrition Australia

nutritionaustralia.org
8341 5800

Oncology Clinics Victoria – Walking Group

cabrini.com.au/patients-and-families/
services/directory/oncology-clinics-
victoria-the-walking-group
1300 300 977

Osteoporosis Australia

osteoporosis.org.au
1800 242 141

Pain Australia

painaustralia.org.au
1300 340 357

Speech Pathology Australia

speechpathologyaustralia.org.au
1300 368 835

Vision Australia

visionaustralia.org
1300 847 466



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 Victoria 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](http://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

relationshipsaustralia.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.



Fertility

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** 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.

Surrogacy Australia

surrogacyaustralia.org

Supports Australians who are planning on or who are already parents via surrogacy arrangements.

The Royal Women's Hospital

thewomens.org.au/health-information/fertility-information

8345 2000

Provides fertility information and services to men and women.

Victorian Assisted Reproductive Treatment Authority (VARTA)

varta.org.au

8601 5250

Search for 'ART clinics'

Provides a list of registered fertility service providers (also known as Assisted Reproductive Treatment (ART) clinics).



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

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.

Association of Massage Therapists

amt.org.au
02 9211 2441

Australian Acupuncture and Chinese Medicine Association

acupuncture.org.au
07 3457 1800 (National office)
1300 725 334 (National Practitioner Referral Search)

Australian Creative Arts Therapies Association

acata.org.au
9513 0852

Australian and New Zealand Arts Therapy Association

anzata.org

Australian Feldenkrais Guild

feldenkrais.org.au
1800 001 550

Australian Hypnotherapists Association

ahahypnotherapy.org.au
1300 552 254

Australian Massage Directory

ausmassagedirectory.com.au

Australian Music Therapy Association

austmta.org.au
9525 9625

Australian Society of Teachers of the Alexander Technique

austat.org.au
1300 788 540



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.

Australian Traditional Medicine Society

atms.com.au
1800 456 855

International Aromatherapy and Aromatic Medicine Association

iaama.org.au

Meditation Association of Australia

meditationaustralia.org.au
0402 938 401

Massage and Myotherapy Australia

massagemyotherapy.com.au
1300 138 872

Melbourne Meditation Centre

melbournemeditationcentre.com.au
9531 1607

National Herbalists Association of Australia

nhaa.org.au
02 9797 2244

The National Institute of Complementary Medicine

nicm.edu.au
02 4620 3284

Oncology Massage Limited

oncologymassagetraining.com.au
0416 044 616

Psychotherapy and Counselling Federation of Australia

pacfa.org.au
9486 3077

Yoga Australia

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](http://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](http://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/wellness-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 out 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**.



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**.

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.

**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

vicrehab.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.

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