

For Further Information

Contact the program coordinator on 0457 563 174

Go to our website
www.easternhealth.org.au and type 'Oncology Rehab' in the search bar

Program runs on Tuesday and Friday mornings at
Wantirna Health
251 Mountain Highway, Wantirna

Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and disclose information about you only when required or permitted by law.

We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our web site www.easternhealth.org.au

Eastern Health is accredited by the Australian Council on Healthcare Standards.



If you have any English language difficulties, please ask staff to book an interpreter. From home, you can contact us directly by using the Telephone Interpreter Service 9605 3056. Interpreter services are provided free of charge. Ask staff to check if this information is available in your preferred language.



5 Arnold Street,
Box Hill, Victoria, 3128 Australia
P: 1300 342 255

www.easternhealth.org.au

© Eastern Health 2016

Authorised by Eastern Health (CR 0914 371.2)



ONCOLOGY REHABILITATION PROGRAM



SILVER award for Optimising the health status of Victorians
for our Ambulatory Oncology Rehabilitation Program

Have you been diagnosed with cancer?

Are you fatigued?

Are you having trouble doing the things you used to do?

Would you like to be more active but don't know where to start?

Would you like some strategies to help you manage day to day life?

If you answered yes to some of these questions, you may benefit from cancer rehabilitation. The program aims to increase your general fitness and assist with skills and confidence to improve your well-being.

What is it?

The program runs twice a week for seven weeks. Each session consists of one hour of exercise and one hour of education.

Exercise improves your physical and emotional health. Our exercise sessions are tailored to your needs and level of fitness and include strength training and aerobic exercise.

Education sessions cover a wide variety of topics, ranging from managing side effects, through to the emotional impact of cancer and its treatment. Education sessions are run by experts in their fields including:

- Occupational Therapist
- Oncology nurse
- Dietician
- Physiotherapist
- Social Worker

What if I am still having treatment for my cancer?

The program accepts people at all stages of treatment. It is OK if you are still waiting for treatment, still having treatment or have completed your treatment.

Can my carer/partner come?

Yes, carers and partners are welcome. Participants often find it helpful to have carers/partners with them at the education sessions.

How much does it cost?

\$8 per visit
In case of financial hardship, special arrangements regarding costs can be negotiated.
Paid parking is available on-site.

Please contact the program coordinator for details.

What do people think of the program?

"It was a great boost to my confidence after months of inactivity. It made me feel "normal" again." - Judith, 74

"This is a very worthwhile program that helps cancer survivors deal with the physical and emotional issues post treatment." - Michael, 68

"Best thing I have done for me in a long, long time." - Merylee, 29

"It helped me seeing that I was not alone, that there were others in the same boat as me" - Dorothy, 67

"The program is ideal for those still undergoing treatment or those feeling flat once it's all over." – Libby, 57

"I would highly recommend the program"
- John, 66

The atmosphere was extremely encouraging to make the effort to exercise. Very beneficial."
- Celia, 37

"This program gave me my life back." – Lynn, 55