

How do I access the program?

Referrals can be made by your GP or any other doctors, physiotherapists, nurses and Community Health Services.

For direct referrals, please email:

sacs.integratedcare@easternhealth.org.au

Harp.help@easternhealth.org.au

Visit our website:

www.easternhealth.org.au and type 'OncologyRehab' in the search bar

Program Days & Location:

Oncology Rehab Program runs at **Wantirna Health**

251 Mountain Highway

Wantirna VIC 3152

PH: 03 99557501

on: Tuesdays & Fridays

For further information:

Contact the Program Coordinator or Team

Leader on 03 99557501 or e-mail:

oncologyrehab@easternhealth.org.au



If you have English Language difficulties, please ask staff to book an interpreter.

From home contact the **free** Telephone Interpreter Services on **03 9605 3056**.

Ask staff if this information is available in your preferred language.

Eastern Health
5 Arnold Street, Box Hill, Victoria 3128
Tel: 1300 342 255
www.easternhealth.org.au



© Eastern Health 2022

If you have any feedback or suggestions on how to improve this information sheet, please contact us at brochure.request@easternhealth.org.au

Eastern Health 

ONCOLOGY (CANCER) REHABILITATION PROGRAM

Consumer
Consultation 

Program/Dept: Chronic Rehabilitation Program
Approval Date: 31/8/2022
Review Date: 31/8/2025

- ✓ **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 your day to day life?**

If you answered **YES** to some of these questions, you may benefit from our cancer rehabilitation program.

What is Oncology Rehabilitation?

Oncology (Cancer) rehabilitation can help you regain control over many aspects of your life during and after cancer treatment. The goal is to improve your ability to function and to keep you as active and independent as possible.

What does the program involve?

The program runs every week, commencing with a face-to-face assessment at our Wantirna Health location. The oncology rehabilitation team will work together with you to determine your needs and set up achievable goals. This is followed by a weekly centre-based or telehealth program which includes exercises and education.

We have flexible program options, including group and one on one sessions depending on your needs.

Exercise improves your physical and emotional health. The exercise sessions are tailored to your needs and level of fitness and include strength training and aerobic exercise. We also offer an online, self-directed learning package that covers important topics from managing side effects, through to the emotional impact of cancer and its treatment.

Education sessions are designed by experts in their fields including:

- Oncology nurse
- Social Worker
- Dietician
- Physiotherapist
- Occupational Therapist
- Advanced care planning consultant

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, you are still having treatment or you have completed your treatment.

Can my carer/partner come?

Usually our team welcomes family members and other support people to attend these sessions, however due to COVID restrictions this may not be possible. Please ask our team for further information.

How much does it cost?

\$10 per session based at the centre. 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 should I bring?

When attending group sessions, please bring a water bottle, snacks if desired and glasses if needed. If you are attending a remote session you will need to access telehealth.

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 after 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