

## Oncology Rehabilitation Program

This free program runs twice per week for 10 weeks at the Community Rehabilitation Centre.

### Education session guest speakers include:

- Dietitian
- Podiatrist
- Lymphoedema physiotherapist
- Exercise Physiologist
- Counselling services
- Occupational Therapist
- District Nursing
- Women's Health / McGrath Breast Care nurse
- Continence physio

## McGrath Breast Care Nurse

Leanne Bibby Ph: 03 5033 9202  
lbibby@shdh.org.au Mob: 0408 013 386

## Look Good Feel Better Workshops

www.lgfb.org.au  
Ph: 03 5033 9202



## Useful Questions

- What will the cancer do to my body?
- Is treatment necessary?
- What are my options? The pros & cons?
- What is the treatment schedule?  
How many? How often?
- What is the aim of treatment? Cure? Control?
- How much time do I have to think about this?
- Is there anything I can do before or after my treatment that might make it more effective?
- What are the 'dos' & 'don'ts'?
- Should I change my diet, work, exercise, etc?
- Has the cancer spread to other body areas?
- What symptoms with the cancer cause?
- What are the short & long term side effects?
- Is there treatment for side effects?
- What's the chance of cancer coming back?
- What can I expect if do not have treatment?
- What's the expected survival for my cancer?
- Is it possible to give me a timeframe?
- How might my lifestyle be affected?
- What's the best & worse case scenarios?
- What information is available for my cancer?
- Is there a difference between private versus public health system for me?
- What costs will I incur through my treatment?
- Am I eligible for any benefits?
- Who do I contact if I experience problems?

## Gather my Crew

[www.gathermycrew.org](http://www.gathermycrew.org)

Gather My Crew is a free, online help roster that lets people going through tough times to coordinate the practical help they need from friends and family.

### Online Signup Procedure



## MediStays

Accommodation when you need it most

[www.medistays.com.au](http://www.medistays.com.au)

MediStays supports you to find accommodation near hospitals and medical facilities. Discounted rates for patients, carers and health professionals.

## Kids Guide to Cancer

Built for kids & adults alike, the app is packed with info about cancer, hospitals, medicines, & more. Download for free!

## Useful Helplines

The Cancer Council Helpline	13 11 20
www.cancervic.org.au	
www.papscreen.org.au	
www.sunsmart.com.au	
Cancer Australia	1800 624 973
www.canceraustralia.gov.au	
Cancer Voices Australia	(02) 8063 4191
Breast Cancer Network Aust.	1800 500 258
www.bcna.org.au	
Look Good Feel Better	1800 650 960
www.lgfb.org.au	
Bowel Cancer Australia	1800 555 494
www.bowelcanceraustralia.org	
Prostate Cancer Foundation Aust	1800 22 00 99
www.prostate.org.au	
Leukaemia Foundation	1800 620 420
www.leukaemia.org.au	
OvCa Australia	1300 660 334
www.ovariancancer.net.au	
Palliative Care Australia	(02) 6232 4433
www.palliativecare.org.au	
www.pallcarevic.asn.au	
CanTeen	1800 226 833
Kids Help Line	1800 55 1800
National Continence Helpline	1800 33 00 66
www.continence.org.au	
Translating & Interpreting Svce	13 14 50
Lifeline Australia	13 11 14
Grief Line	1300 845 745
Beyond Blue	1300 224 636
Mens' Line Australia	1300 78 99 78
www.andrologyaustralia.org	
1800 Respect	1800 737 732
Q life (support for LGBTI)	1800 184 527
Relationships Australia	1300 364 277
Aust. Mens' Shed Association	1300 550 009
Headspace	1800 650 890
www.headspace.org.au	
Black Dog Institute	(02) 93824530

## Screening for Supportive Care Needs

Do you have all the right referrals to supportive services?

## Supportive Care Screening Tool

A copy of the screening tool form is located within most hospital departments at SHDH. For more information, please speak to our nursing staff.

**Swan Hill District Health**  
48 Splatt St,  
Swan Hill, 3585  
Ph: (03) 5033 9300  
**Allied Health Reception**  
8.00am – 4:30pm  
Ph: (03) 5033 9390

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# Cancer Diagnosis Support



**Oncology  
Rehabilitation  
Program**

**McGrath  
Foundation**



**Imics**

Loddon Mallee  
Integrated Cancer Service

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**Swan Hill  
District Health**  
*my hospital*