



Cancer Rehabilitation Program

INFORMATION BROCHURE

Exercise component

A combination of evidence-based, moderate intensity resistance training and cardiovascular exercises will be individualised to your needs and goals.

The session will involve a warm up period, followed by resistance training as appropriate. You will receive information and guidelines for a home exercise and walking program, with instructions for monitoring yourself during physical exercise and activity.

Your exercise program will be reviewed regularly and modified as needed.

Referrals

To access the Cancer Rehabilitation Program, you require a Specialist or General Practitioner (GP) referral to one of the Rehabilitation Physicians at either Brisbane Waters Private Hospital or Gosford Private Hospital.

Funding

Generally, if you have top private hospital cover, an eligible Department of Veterans Affairs (DVA) card, or are covered by a Third Party payer, you will be covered for your treatment in the program. You will need to confirm your rebate entitlements with your fund prior to commencement.

Transport

You are required to provide your own transport to the Cancer Rehabilitation Program. If you are unable to do so, the Rehabilitation team can discuss community transport options with you.

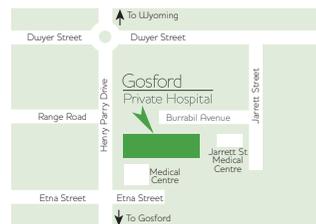
Holders of a Department of Veterans Affairs (DVA) Gold card can also be provided with transport by the DVA. This can be arranged by the Rehabilitation team.

Brisbane Waters Private Hospital



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T: 02 4341 9522 / brisbanewatersprivatehospital.com.au

Gosford Private Hospital



Burrabil Avenue, North Gosford NSW 2250
T: 02 4324 7111 / gosfordprivate.com.au



Reducing the impact of cancer treatment on your body and mind

Gosford Private Hospital

Brisbane Waters Private Hospital

members of the [healthcare group](http://healthcaregroup.com.au)

Our Cancer Rehabilitation Program is a combination of evidence-based, moderate intensity resistance training and cardiovascular exercises individualised to your needs and goals.



About rehabilitation

Our Cancer Rehabilitation Program aims to reduce the impact of cancer treatments on the body and mind, and improve function, endurance and quality of life for our patients.

Through education, diet, weight management and physical activity we aim to assist our patients in returning to their normal daily activities. Research has also shown that cancer rehabilitation helps to improve survival.

Our Cancer Rehabilitation Program complements the treatment provided by your Medical Oncologist, Radiation Oncologist and/or Surgeon.

About the program

Upon admission to the Cancer Rehabilitation Program, your needs will be individually assessed. Our Rehabilitation teams at Brisbane Waters Private Hospital and Gosford Private Hospital are experienced and well equipped to support you through all stages of the journey. This includes:



- **Preventative Rehabilitation.** Preventing or minimising any declines in movement and ability associated with cancer and its treatment
- **Restorative Rehabilitation.** Returning you to your pre-surgical/illness activities, strength and range of movement, when there is little or no long-term impairment predicted following your diagnosis and treatment
- **Supportive Rehabilitation.** Maximising your strength and range of movement if there is permanent impairment following diagnosis and treatment
- **Palliative Rehabilitation** Maximising independence, symptom control and quality of life in patients with advanced cancers.

Aims of the program

- Participate in a 12 session program
- Help support and shorten the recovery period following the diagnosis and treatment of cancer
- Educate and promote strategies to improve long-term health and wellbeing
- Provide support for the management of symptoms of cancer and its treatment.

Program pathway

The program is tailored to each patient and is approximately 12 weeks, with 1-2 sessions per week. The program consists of education, exercise and support provided by a team of Physiotherapists,

Exercise Physiologists, Occupational Therapists, Dietitians and Social Workers, overseen by a Rehabilitation Specialist.

Family involvement during the program is encouraged, to promote further support and an additional point of contact for the Cancer Rehabilitation team, ensuring the best possible outcomes for you.

Education component

The education program will include information and practical advice regarding the most effective ways to change, and adhere to a healthy lifestyle.

All sessions will be conducted by members of the multidisciplinary team, with comprehensive notes and resources being provided on:

- The benefits of Strength/Resistance Training
- The benefits of Cardiovascular Exercise & Flexibility
- Diet and Weight Management
- Energy Conservation
- Stress Management / Relaxation
- Awareness of Lymphoedema and its causes
- Returning to activities of daily living
- Support services available
- Medications in cancer.