

Referrals

Speak to your GP, oncologist or other health care professional about a referral to this service or you can refer yourself.

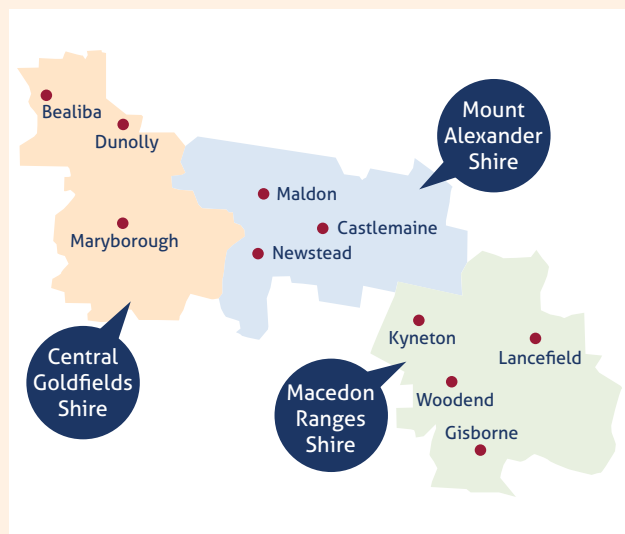
For information and referrals please contact:

Intake Office
Community Rehabilitation Centre (CRC)
Castlemaine Health

(P) 5471 1575

(F) 5471 1674

(E) intake@castlemainehealth.org.au



Residents from these shires are eligible, however referrals from other shires will also be considered.



Artist: Kerri Douglas

Our services are delivered on the traditional lands of the Dja Dja Wurrung people.

Information and Support

Cancer Council Victoria

www.cancervic.org.au or 13 11 20

Australian Cancer Survivorship Centre

www.petermac.org/cancersurvivorship

Cancer Australia

www.canceraustralia.gov.au

Carers Australia

www.carersaustralia.com.au

CanTeen (for young people 12-24 years with or affected by cancer) www.canteen.org.au



Cornish Street, Castlemaine VIC 3450, PO Box 50
www.castlemainehealth.org.au



Survive & Thrive Cancer Survivorship Service

A coordinated rehabilitation and supportive care service



Cancer Survivorship Service

After cancer treatment finishes you may have some concerns or side-effects from the cancer and/or its treatment. You may even feel lost and confused. It helps to know what to expect and where you can get further support.

Survive & Thrive is Castlemaine Health's cancer survivorship service. It is provided by the Community Rehabilitation Centre in partnership with Castlemaine District Community Health.

The service is designed to assist cancer survivors and their carers to regain strength, health and quality of life using evidence-based approaches.

Who is it for?

The program is for people who:

- have or have had cancer, and their carers/family
- live in the shires of Mount Alexander, Macedon Ranges or Central Goldfields, however referrals from other shires will also be considered.

How can it help?

Every person's needs vary and therefore the service can help people in different ways.

For example you may need assistance with your:

- physical needs such as lack of energy, doing day-to-day activities, nutrition, sleep, establishing an exercise regime, pain management or continence
- emotional wellbeing such as sadness, anxiety or depression
- social wellbeing such as support, sex life or relationships with your partner, family and/or friends
- practical issues such as finance, work or transport
- spiritual wellbeing such as sense of self, connectedness and purpose.

What does it involve?

Together with a member of the team you will develop an individualised plan of care. It will be focused on the goals and lifestyle changes you want to achieve.

The team will help you achieve your goals in some of the following ways:

- one-to-one therapy sessions with relevant team members
- link you in with group programs
- regularly review your progress toward your goals
- provide information and education to you, your carers/family
- inform you about other services and provide a referral where needed.

Who is in the team?

- Nutritionist
- Physiotherapist
- Occupational Therapist
- Social Worker
- Exercise Physiologist
- Counsellor
- Podiatrist
- Speech Pathologist
- Continence Nurse
- Complex Care Nurse
- Community Nurse.

How much does it cost?

Most services cost between \$5 and \$15. Some services do not have a fee. We will discuss these details with you and in cases of financial hardship, special arrangements can be made.

