



Oncology Rehabilitation

Information for cancer survivors and carers



ST VINCENT'S
HOSPITAL
MELBOURNE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

What is oncology rehabilitation?

The diagnosis and treatment of cancer can affect your physical and mental wellbeing.

Oncology rehabilitation helps people with a history of cancer, and their carers, achieve their maximum level of function.

Who is it for?

The program is for:

- people with a history of cancer who have finished initial cancer treatment, and their carers
- people who wish to improve their level of functioning
- cancer survivors who are able to participate in an exercise program
- patients who live in the St Vincent's catchment area, or are willing to travel to our Kew campus for the group program.

What does it involve?

- There are two 1-hour exercise sessions a week, for eight weeks.
- Every week, there is a 1-hour information session presented by various allied health professionals.
- For carers, there is a weekly 1-hour carers support session.

Schedule

For cancer survivors

- Tuesday 11–12pm
Exercise
- Friday 10–12pm
Information session
and exercise session

For carers

- Fridays 11–12pm
Carers support program

Who runs the program?

The program is run by a range of skilled health professionals, which includes physiotherapists and allied health assistants.

How much does it cost?

There is a small cost for our service. We will talk to you about this at your first appointment. In cases of financial hardship, special arrangements can be negotiated.

How can I find out more?

To find out if this program is for you:

- contact the Oncology Rehabilitation Coordinator on 0467 008 146
- or speak to your GP or oncologist about a referral to this program.

How do I get to the centre?

Clients are encouraged to arrange their own transport. However, if you require assistance, please talk to our staff.

On site parking (including disabled parking) is available at the rear of the hospital, off Normanby Road. Fees apply for parking in this car park.

There is a 'set down' zone at the main entrance off Cotham Road.

Please enter via the Rehabilitation Centre entrance (see map on the back page).

Public transport is available via tram 109 (Stop 40).

