



Cancer Services ACT

A directory of support services for people
affected by cancer in the ACT

**For cancer information
and support call**



13 11 20

www.actcancer.org

Note to reader

All care is taken to ensure that the information in this booklet is accurate at the time of publication. Please note that inclusion of a service in this directory does not imply any endorsement or association of that service by Cancer Council ACT. This booklet provides a list of services and organisations that may be of assistance to those affected by cancer, and should not be considered exhaustive.



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Can't find what you're looking for?

Call **13 11 20** or email cancer.information@actcancer.org for information.

Introduction

This directory was developed as a guide to cancer services in the ACT for people with cancer, their carers, families and friends. It is also designed to be a resource for health professionals working in cancer care.

A diagnosis of cancer can pose many challenges. They can range from the practical, like how to get to a medical appointment, to the emotionally complex, like thinking about life and death. The services listed in this directory can help with many of these challenges. Many are also available to family, friends and carers.

If you would like more details about any of the services listed in this directory, or are looking for a service that is not listed, contact Cancer Council's Information and Support line on 13 11 20 or email cancer.information@actcancer.org. This service complements the care provided by your treatment team and is available Monday–Friday, 9am–5pm.

An electronic version of this directory is also available on Cancer Council ACT's website www.actcancer.org. This online version is kept up to date as we become aware of any changes.



Cancer Information and Support

Cancer Council 13 11 20

Our specially trained staff can provide information and support on any aspect of cancer as well as connect you to a range of suitable services.

Cancer information

We provide a range of free booklets and fact sheets on cancer types, cancer treatment, living with cancer and living well after cancer. Each resource is regularly reviewed by cancer experts so you can be confident that you are receiving the most up to date information.

Cancer education programs

Our free education programs for people with cancer and their family and friends, help you learn more about cancer and give you the opportunity to meet others in a similar situation. They cover a range of topics including cancer and its treatments, living with cancer, survival skills and how to cope.

Legal, financial and workplace advice

We provide people affected by cancer with access to free legal, financial, workplace and small business advice if they cannot afford to pay for it.

We can also help to find community and government resources that may be able to help financially.

Wig service

Losing your hair as a result of cancer treatment is challenging for many people. Our Wig Service stocks a range of new and nearly new wigs, and turbans for sale at affordable prices.

Cancer support groups

Support groups provide a safe place for people affected by cancer to talk to others in a similar situation in a confidential and supportive environment. Cancer Council offers a range of support groups, these may be face to face, online or over the phone.

Peer support

If you'd like to speak with someone who's had a similar experience, our Cancer Connect program can match you with a trained volunteer who has been through the same or similar diagnosis and treatment.

There is also a professionally moderated online support community where people affected by cancer can find, receive and provide support by participating in groups, discussions, blogs and webinars.

Visit www.cancercouncil.com.au/oc

For more information and to access these programs call **13 11 20** or email cancer.information@actcancer.org.

Treatment centres

There are both public and private cancer treatment facilities in the ACT. Most centres also offer a variety of allied health services to their patients such as social work, nutrition services, physiotherapy, occupational therapy, pastoral care, palliative care, etc. Speak with your specialist to find a centre that is most appropriate for your situation and treatment.

At the time of printing, the Canberra Region Cancer Centre at Canberra Hospital is the only facility in the ACT that provides a radiation therapy service. If you require radiation therapy, your doctor will refer you to this service.

Public

Calvary Public Hospital Bruce

Mary Potter Circuit
BRUCE
www.calvarycare.org.au/public-hospital-bruce/
02 6201 6111

Canberra Hospital

Yamba Drive
GARRAN
www.health.act.gov.au
02 6244 2222

Canberra Region Cancer Centre

Canberra Hospital
Yamba Drive
GARRAN
www.health.act.gov.au
02 6174 8444

University of Canberra Hospital

Guraguma Street
BRUCE
www.health.act.gov.au/uch
02 6244 2222

Private

Calvary John James Hospital

173 Strickland Crescent
DEAKIN
www.calvarycare.org.au/john-james-private-hospital-canberra/
02 6281 8100

Calvary Private Hospital

Mary Potter Circuit
BRUCE
www.calvarycare.org.au/bruce-private-hospital/
02 6201 6111

National Capital Private Hospital

Gilmore Crescent
GARRAN
www.nationalcapitalprivatehospital.com.au
02 6222 6666

Clinical trials

Australian Cancer Trials

www.australiancancertrials.gov.au

Contains information on the latest clinical trials in cancer care in Australia.

Other

Accessing non-PBS Funded Blood Cancer Drugs

www.leukaemia.org.au

A Leukaemia Foundation booklet on ways to access cancer drugs not funded by the Pharmaceutical Benefits Scheme (PBS). The information covers access to blood cancer drugs but is useful to people affected by other cancer types as well. Search for 'non-PBS funded blood cancer drugs'.

Looking for a specialist?

Cancer Council Australia has developed a web-based directory of specialists at <http://www.cancer.org.au/about-cancer/find-a-specialist.html> to make it easy to find a doctor who specialises in a particular field of cancer treatment.

Palliative care

Palliative care aims to help people with a life-limiting illness to live as fully and comfortably as possible. It involves a range of services offered by doctors, nurses and allied health professionals, as well as volunteers and carers, who work together to meet a person's physical, practical, emotional and spiritual needs, as well as providing support to family and friends.

Palliative care is offered in different settings, depending on the situation. It can be provided at home, in a residential aged-care facility, in a hospital or in a palliative care unit.

CareSearch

www.caresearch.com.au

A range of palliative care information for patients, carers, families and health professionals.

Community Specialist Palliative Care Services

Clare Holland House
Menindee Drive
BARTON

www.calvarycare.org.au
02 6273 0336

Provides a supportive palliative care service for people with life threatening illnesses who no longer respond to curative therapy. Includes outpatient clinic services, care in the home or residential setting and inpatient hospice services.

Palliative Care ACT

www.pallcareact.org.au
02 6255 5771

Provides a volunteer program that supports palliative care patients, families and carers.

Queanbeyan Palliative Care

Queanbeyan Community Health Centre
QUEANBEYAN NSW
02 6150 7144

Supports terminally ill patients, their families and carers at home and in hospital. Bereavement and other counselling is also available.

Managing your digital legacy

If you use social media, such as Facebook, Twitter and Instagram, you will need to think about what happens to your accounts after your death. Each social media platform has different rules for deactivating accounts, while some allow your account to be turned into a memorial page. It is a good idea to leave a list of all your accounts, passwords and instructions with someone you trust, so they can manage your ongoing digital presence according to your wishes.

Palliative Care Australia has produced a Guide to a Social Media Afterlife. You can find it at www.palliativecare.org.au/resources

Cancer information

Cancer Council produces booklets, factsheets and CDs covering a range of topics including cancer types, treatment, side effect management, advanced cancer and practical, legal and financial issues. These resources are reviewed regularly in consultation with leading health professionals and topic experts. They are available to read or download on www.actcancer.org or call 13 11 20 to order a free copy.

Telephone information

Cancer Council 13 11 20

Cancer Council ACT
www.actcancer.org
cancer.information@actcancer.org
13 11 20

A free, confidential telephone information and support service. Specially trained staff can answer questions about all aspects of cancer, as well as offering practical and emotional support, and referral to appropriate services.

Health Direct

www.healthdirect.gov.au
1800 022 222

A 24 hour telephone health advice service staffed by registered nurses to provide expert health advice about any health issue and what action to take.

Quitline

13 7848 (13 QUIT)

Provides advice and assistance to support people who are trying to stop smoking.

Telephone Translation and Interpreting Service

www.tisnational.gov.au
13 14 50

To speak to a service in a language other than English.

National Relay Service

www.relayservice.gov.au

For people who are deaf, or have a hearing or speech impairment, contact services through the National Relay Service.

Cancer education and resources

ACT Specialist Breast Care Nurses

Calvary Hospital
BRUCE
www.calvarycare.org.au
bcn@calvary-act.com.au
02 6201 6944 / 02 6201 6943
0409 533 467

The Breast Care Nurses Team specialises in caring for patients with breast cancer at all stages of their diagnosis, treatment and recovery. A medical referral is not required.

Cancer Council ACT Education Programs

Cancer Council ACT
www.actcancer.org
02 6257 9999

Cancer Council ACT runs free education programs covering a range of topics, for people with cancer, their family and friends.

Cancer Specialist Nurses

Canberra Region Cancer Centre
GARRAN
acthealthnursecarecoordinators@
act.gov.au

Adolescents and young adults
and sarcoma
02 6174 5788

Advanced breast cancer
02 6244 3896

Gastrointestinal cancer
02 6174 5269

Gynaecological, brain and CNS
cancers
02 6244 4416

Haematological cancers
02 6244 3447

Head and neck cancers
02 6244 3446

Lung cancer and mesothelioma
02 6244 3895

Lymphoma
02 6174 8520

Melanoma and skin cancer
02 6714 8500

Prostate cancer
02 6244 3897

Urological cancers
02 6174 5964

Specialist nurses who help
people diagnosed with cancer
navigate their way through the
health care system. They can
provide information and education
and are a point of contact when
you are not sure who to turn to
for assistance.

Smoking Cessation

Cancer Council ACT
www.actcancer.org
02 6257 9999

Provides quit smoking courses,
workplace and community quit
smoking seminars and individual
counselling.

Websites

Listed below are trusted
Australian and international
organisations providing
information useful to those
affected by cancer. If you have
any questions about the reliability
of a website, contact 13 11 20
for assistance.

Cancer Council Sites

Cancer Council Australia
www.cancer.org.au

Cancer Council Online Community
www.cancercouncil.com.au/oc

Cancer Directory
www.cancerdirectory.com.au

iheard
www.iheard.com.au

Provides evidence based answers
to popular myths and claims
about cancer risks, prevention,
screening and treatment.

What to expect?
www.cancerpathways.org.au

Guides that outline the best
cancer care for specific cancer
types from diagnosis, through
treatment and beyond.

Australian Sites

Cancer Australia
https://canceraustralia.gov.au

Cancer Institute (NSW)
www.cancerinstitute.org.au

Canteen
www.canteen.org.au

Health Translations Directory
www.healthtranslations.vic.gov.au

Provides links to reliable
translated health resources
produced in Australia.

Rare Cancers Australia
www.rarecancers.org.au

International Sites

American Cancer Society
www.cancer.org

Cancer Research UK
www.cancerresearchuk.org

Macmillan Cancer Support (UK)
www.macmillan.org.uk

National Cancer Institute (US)
www.cancer.gov

Genetics and risk

While most cases of cancer are not due to a history of cancer in the family, for a small number of people, their family history suggests they may have a genetic risk. This means their chance of developing cancer is potentially higher than the average population.

The family doctor is the best place to discuss concerns and determine if a referral for genetic counselling is required. Genetic counselling services provide information, services and support for patients and their families with or at risk of developing an inherited health condition.

ACT Genetic Service

www.health.act.gov.au
02 6174 7630

Provides genetic counselling and testing for individuals and families with a family history of cancer.

NSW and ACT Hereditary Cancer Registry

Cancer Institute NSW
www.cancerinstitute.org.au
1800 505 644

Provides information and support to people affected by hereditary cancer, their family members who may be at risk, and their doctors in NSW and ACT.

The Centre for Genetics Education

www.genetics.edu.au

Contains a range of information on genetic conditions for individuals, families and health professionals.

More information

Cancer Council's Understanding series of booklets and factsheets cover the following cancer types.

Call 13 11 20 to order a free copy or view online at www.actcancer.org.

Anal	Mesothelioma
Bladder	Ovarian
Bone	Pancreatic
Bowel	Prostate
Brain	Skin
Breast	Stomach and
Cervical	Oesophageal
Head and Neck	Testicular
Kidney	Thyroid
Liver	Unknown primary
Lung	Uterine
Melanoma	Vulvar and Vaginal

Support for carers

Caring for someone with cancer can be a fulfilling yet challenging experience. There are a range of services available for carers that can support you physically, emotionally, and financially.

Please note that many of the services listed throughout this directory are also available to family and friends.

Cancer Council Online Community

www.cancercouncil.com.au/oc
Cancer Council Online Community is an online platform for people affected by cancer to connect, share experiences and find information and support in a safe forum.

Cancer Connect

Cancer Council ACT
www.actcancer.org
13 11 20

A telephone peer support service that puts patients, carers or family members in touch with others who have had a similar experience.

Cancer Counselling Service

Phillip Health Centre
Cnr Corinna and Keltie Street
PHILLIP
Belconnen Health Centre
56 Lathlain Street
BELCONNEN
02 6207 9977
www.health.act.gov.au

Provides free psychological, social and practical support and counselling for adult cancer patients, their families and carers.

CanTeen ACT and Southern NSW Division

7-11 Barry Drive
TURNER
www.canteen.org.au
02 6101 2207

Provides a peer support network for young people (12-25 years) living with cancer, this includes siblings and offspring of people with cancer. Also provides telephone and online counselling and individual support.

Carers ACT Inc.

www.carersact.org.au
1800 242 636

Provides information, referral, individual counselling, group support services, respite care, a library and resource centre and workshops which are available to any carer of a child or adult with an illness. Also provide the Young Carers program for young carers aged up to 25 years.

Carer Gateway

www.carergateway.gov.au
1800 422 737

A national online and phone service that provides practical information and resources to support carers.

Cyclops

www.anglicare.com.au
02 6232 2432

Provides support, support groups, recreational and educational activities for young carers aged 10–25, and their families.

My Aged Care

www.myagedcare.gov.au
1800 200 422

Provides information about aged care services and a range of services that assist older people in their own home, as well as what you need to do to access the services.

Skills for Carers

Canberra Institute of Technology (CIT)
carerskills@cit.edu.au
02 6207 3628

A range of courses to assist those caring for someone with a chronic illness.

Respite services

Carers ACT

www.carersact.org.au
1800 242 636

Provides respite care services to any carer of a child or adult with an illness.

Carer Gateway

www.carergateway.gov.au
1800 422 737

A national online and phone service that provides practical information and resources to support carers, including information on respite services.

Duo Services Australia

www.duo.org.au
02 6287 2870

Provides a full range of support at home and in the community for children/ young people with disabilities and their families, adults with disabilities, frail aged people and people with mental health conditions living in the ACT, to enable them to live in their own home.

My Aged Care

www.myagedcare.gov.au
1800 200 422

Provides information about respite care services and how to access them.

More information

The following Cancer Council booklets and factsheets may also be useful:

Cancer treatments and side effects

- Chemotherapy
- Clinical Trials and Research
- Complementary Therapies
- Fertility and Cancer
- Hair Loss
- Immunotherapy
- Lymphoedema
- Mouth Health and Cancer Treatment
- Overcoming Cancer Pain
- Palliative Care
- Radiotherapy
- Surgery
- Taste and Smell Changes

Living with cancer

- Cancer and Your Finances
- Cancer Care and Your Rights
- Cancer in the School Community
- Cancer Support Groups
- Cancer, Work and You
- Caring for Someone with Cancer
- Emotions and Cancer
- Exercise for People Living with Cancer
- Facing End of Life
- Living Well After Cancer
- Living With Advanced Cancer
- Nutrition and Cancer
- Sexuality, Intimacy and Cancer
- Talking to Kids About Cancer
- Understanding Grief

Call 13 11 20 for a free copy or view online at www.actcancer.org

Support for children and families

When a child is diagnosed with cancer, or a child is coping with a family or friend going through cancer, it can be a very difficult time. There are many services available which support children and their families who are facing emotional, educational, practical and financial challenges. Some organisations provide recreational activities as well.

Camp Quality Canberra

www.campquality.org.au
02 6287 3545

Provides recreational, educational, hospital and financial support programs for children from 0 to 13 years with cancer and their siblings.

Cancer Advisor

Redkite
www.canceradvisor.org.au

Cancer Advisor is a one-stop information website for families of Australian children and young people with cancer.

CanTeen ACT and Southern NSW Division

7–11 Barry Drive
TURNER
www.canteen.org.au
02 6101 2207

Provides a mutual peer support network for young people (12–25 years) living with cancer, this includes patients, siblings and offspring of people with cancer. Includes counselling, an online community and resources for young people affected by cancer.

Children's Cancer

Cancer Australia
<https://childrenscancer.canceraustralia.gov.au/>

A website that provides evidence based information on children's cancers for families, carers and health professionals.

Kids Guide to Cancer

Camp Quality
www.campquality.org.au/kidsguidetocancer

An app that provides age appropriate information to teach kids about the cancer journey and how they might support their loved one.

Kids Helpline

<https://kidshelpline.com.au/>
1800 551 800

Anonymous, confidential telephone, email and online counselling for young people aged from 5 to 25 years, 24 hours a day, seven days a week.

Make a Wish Foundation

www.makeawish.org.au
1800 032 260

Grants wishes of children (aged 4–18) with a life threatening illness.

Monkey in my Chair

www.monkeyinmychair.org
1300 265 206

A free program designed to keep seriously ill children connected to their school and friendship groups.

Red Kite

www.redkite.org.au
1800 733 548

Supports children and their families through cancer by providing emotional guidance, financial relief and educational services.

Rise Above – Capital Region Cancer Relief

21 Cooma Street
QUEANBEYAN NSW
www.riseabovecbr.org.au
02 6297 1261

Provides financial support to cancer patients in the ACT and Queanbeyan area.

**Ronald McDonald Family
Retreat Fiona Lodge**

BATEMANS BAY NSW
www.rmhc.org.au
1300 135 848

Offers 7 days free holiday accommodation in fully equipped units on the beach for families of children who are affected by cancer or another life threatening illness.

**Ronald McDonald House
Canberra**

Canberra Hospital
GARRAN
www.rmhc.org.au
02 6281 5894

Provides accommodation for country and interstate families whose seriously ill children are being treated at Canberra Hospital.

**Ronald McDonald House
Randwick**

149–151 Barker Street
RANDWICK NSW
www.rmhc.org.au
02 9382 1622

Provides accommodation for country and interstate families whose children are being treated at the Sydney Children's Hospital.

**Ronald McDonald House
Westmead**

Redbank Road
WESTMEAD NSW
www.rmhc.org.au
02 9806 7111

Provides accommodation for country and interstate families whose children are being treated at The Children's Hospital at Westmead.

**Starlight Children's
Foundation of Australia**

<https://starlight.org.au/>
1300 727 827

Provides wishes and other programs to brighten the lives of all seriously ill children and their families throughout Australia.

**Stella Bella Little Stars
Foundation**

<http://stellabellalittlestars.org.au/>
0423 439 889

Offers support and assistance to children living with serious and long term illness, and their families, in the ACT region. Also operate an inclusive childcare facility with a specialised respite and occasional care unit for chronically ill babies and children 0–5 years.

WeCare

www.kildonan.org.au
1800 545 366

A free and confidential financial support information service for families with children and young people living with cancer.

**Yurana Cancer Kids Holiday
Homes**

ULLADULLA NSW
www.yuranahomes.com.au
02 4454 1700

Offers free holiday accommodation for families of children affected by cancer or any other serious illness.

Employment, financial and legal support

After a cancer diagnosis, it may be challenging to manage the impact on your job and finances, and difficult to know where to turn for information, advice and assistance. The services listed below may be able to assist. You can also call 13 11 20 or speak to a social worker at your treating hospital to find available services.

Cancer Council Pro Bono Program

Cancer Council's Pro Bono Program provides people affected by cancer with access to free legal, financial, workplace and small business advice if they cannot afford to pay for it.

The program connects people with professionals in the community who volunteer their time. These include lawyers, financial advisors, small business accountants and human resources/recruitment specialists. They can assist with a range of issues such as drafting wills and powers of attorney, accessing superannuation, insurance claims, debt management and workplace issues.

Call 13 11 20 for more information or visit www.actcancer.org.

Employment support

Cancer, Work and You

www.actcancer.org
13 11 20

A Cancer Council booklet with information on how to manage your working life after a cancer diagnosis. View online or call 13 11 20 for a free copy.

Work After Cancer

www.workaftercancer.com.au

A guide for people diagnosed with cancer, health care providers and employers.

Financial support

ACT Government Assistance

www.assistance.act.gov.au

An ACT Government website that covers the range of assistance and advice people on low incomes may be eligible for and how to access it.

Can Assist

www.canassist.com.au
1300 226 277

Provides financial assistance to people affected by cancer from rural and regional NSW. Visit the website for contact details of your local branch.

Care Inc. Financial Counselling Service

219 London Circuit
CANBERRA CITY
www.carefcs.org
02 6257 1788 / 1800 007 007

Provides financial counselling and information to people on moderate to low incomes who are experiencing financial difficulties.

Department of Human Services – Centrelink

www.humanservices.gov.au
13 27 17

Search for Payment Finder to identify payments, allowances and pensions you may be eligible for. These may include: Bereavement Allowance; Carer Allowance; Carer Payment; Disability Support Pension; Newstart Allowance and/or Sickness Allowance.

Department of Human Services – Financial Information Service

www.humanservices.gov.au
13 23 00

An education and information service to support the making of informed financial decisions.

Department of Veterans' Affairs

www.dva.gov.au
1800 555 254

Provides a range of financial and medical benefits for war veterans and their dependants.

External Breast Prostheses Reimbursement Program

Medicare Australia
www.humanservices.gov.au
13 20 11

Provides reimbursement of up to \$400 for both new and replacement external breast prostheses to all eligible women who have had breast surgery as a result of breast cancer.

Interstate Patient Travel Assistance Scheme (IPTAS)

ACT Health
www.health.act.gov.au/public-information/consumers/interstate-patient-travel
02 6205 5868

Provides financial assistance towards accommodation and travel costs to ACT residents who need to travel interstate for medical treatment.

Interstate Patient Travel and Accommodation Assistance Scheme (IPTAAS)

NSW Government
www.enable.health.nsw.gov.au/services/iptaas
1800 478 227

Provides financial assistance towards accommodation and travel costs to NSW residents who need to travel lengthy distances for specialist medical treatment that is not available locally.

Money Smart

www.moneysmart.gov.au
1300 300 630

Provides financial tips and safety checks from the Australian Securities and Investments Commission.

Mummy's Wish

www.mummyswish.org.au
contact@mummyswish.org.au

Provides practical and some financial support to Mums with cancer that are pregnant or have at least one child 12 years or under.

National Debt Helpline

www.ndh.org.au
1800 007 007

Provides a free telephone financial counselling service as well as tips and resources to assist people to find solutions to their debt problems.

Pancare Foundation

www.pancare.org.au
1300 881 698

Provides financial assistance to patients and carers to access specialist medical services for the treatment of pancreatic, liver, biliary, oesophageal and stomach cancer.

Red Kite

www.redkite.org.au
1800 733 548

Supports children and their families through cancer by providing emotional guidance, financial relief and educational services.

Rise Above

21 Cooma Street
QUEANBEYAN NSW
<http://riseabovecbr.org.au>
02 6297 1261

Provides financial support to cancer patients in the ACT and Queanbeyan area.

St John's Care

www.stjohnscanberra.org/st-johns-care
02 6248 7771

Provides emergency food and material aid.

St Vincent de Paul Society

www.vinnies.org.au
02 6282 2722

Provides emergency financial assistance, food, clothing and accommodation.

The Salvation Army

www.salvos.org.au
1300 371 288

Provides emergency financial assistance, food, clothing and shelter. Also a No Interest Loan provider for people on low incomes needing to borrow up to \$1,500 for essential items.

WeCare

www.kildonan.org.au
1800 545 366

A free and confidential financial support information service for families with children and young people living with cancer.

Your Energy Savings

<http://yourenergysavings.gov.au/>
Provides information about saving energy and money as well as available government rebates and assistance.

Legal support

Advance Care Planning Program – ACT Health

www.health.act.gov.au
02 6205 3178

Provides information and assistance with advance care planning.

Legal Aid ACT

www.legalaidact.org.au
1300 654 314

Provides free legal information referral and advice to ACT residents.

Public Trustee and Guardian – ACT

www.ptg.act.gov.au
02 6207 9800

Provides trustee, executor and personal financial administration services including the preparation of wills and enduring power of attorney documents.

Legal and financial issues

Cancer Council has a range of factsheets covering common legal and financial issues:

- Compensations for work-related cancers
- Dealing with debts
- Employment and Cancer
- Family Law
- Getting your affairs in order
- Help with bills
- Immigration and cancer
- New insurance policies
- Superannuation and cancer
- What happens to debts after death
- Your role as executor

Visit <http://www.actcancer.org/information-and-support/practical-support/legal-and-financial-planning-advice/> to download a free copy or call 13 11 20.

Accommodation and transport

Travelling to treatment can be a challenge, even more so if your treatment centre is not close to home. Some people may also need short-term accommodation. These services can assist with affordable accommodation and/or transport to treatment centres.

Interstate Patient Travel Assistance Scheme (IPTAS)

ACT Health
www.health.act.gov.au/public-information/consumers/interstate-patient-travel
02 6205 5868

Provides financial assistance towards accommodation and travel costs to ACT residents who need to travel interstate for medical treatment.

Interstate Patient Travel and Accommodation Assistance Scheme (IPTAAS)

NSW Government
www.enable.health.nsw.gov.au/services/iptaas
1800 478 227

Provides financial assistance towards accommodation and travel costs to NSW residents who need to travel lengthy distances for specialist medical treatment that is not available locally.

Accommodation

Cancer Council NSW Accommodation Service

Cancer Council NSW
www.cancercouncil.com.au/accommodation

Provides a list of accommodation options near the cancer treatment centres in NSW and ACT as well as access to reduced room rates at AccorHotels, for cancer patients and their family or carers needing to travel for cancer treatment.

Canberra Hospital Residences

Canberra Hospital
GARRAN
www.health.act.gov.au
02 6244 2358

Provides accommodation for interstate patients and their carers attending Canberra Hospital for treatment.

Duffy House

DUFFY
www.health.act.gov.au
02 6244 3774

Provides accommodation less than 10kms from the hospital for regional patients and their carers who are having cancer treatment at Canberra Hospital.

Leukaemia Foundation

John James Village
Rusden Street
GARRAN
www.leukaemia.org.au
02 6215 7002

Provides accommodation for patients affected by leukaemia, lymphoma, multiple myeloma and related blood disorders and their families who have to travel from interstate for treatment.

Rotary Cottage

Calvary Public Hospital Bruce
BRUCE
www.calvarycare.org.au
02 6201 6111

Provides accommodation for patients and/or their carers attending Calvary Public Hospital Bruce for treatment from interstate.

Transport

Community Services

Most community services in the ACT provide transportation to medical appointments as well as a range of other services. Contact your local service for more information.

Belconnen Community Service
www.bcsact.com.au
02 6264 0200

Gungahlin – Communities@Work
<https://commsatwork.org/>
02 6126 9090

Northside Community Service
<http://northside.asn.au/>
02 6257 2255

Southside –
Community Services#1
<http://communityservices1.org/>
02 6126 4700

Tuggeranong –
Communities@Work
<https://commsatwork.org/>
02 6126 9090

Weston Creek –
Communities@Work
<https://commsatwork.org/>
02 6126 9090

Woden Community Service
www.wcs.org.au
02 6282 2644

Queanbeyan – Valmar Community
Transport Services
www.valmar.com.au
02 6297 2720

Flexible Bus Service

Transport Canberra
02 6205 3555
www.transport.act.gov.au

A free bus service designed specifically for residents such as the aged or people with a mobility difficulty which operates off a basic timetable, picking up residents from their home and taking them to local community service providers such as local shopping centres and hospitals. Bookings essential.

Leukaemia Foundation

www.leukaemia.org.au
1800 555 021

Provides people affected by leukaemia, lymphoma, multiple myeloma and related blood disorders and their families with courtesy transport to and from treatment.

Support at home

While recovering from treatment, you will often be at home, and may find daily tasks difficult to manage. Services such as at home medical care, meal delivery and cleaning are available to assist you during this time.

Community Assistance and Support Program (CASP)

ACT Government
www.health.act.gov.au
02 6205 9822

An ACT Government program that provides short term support with a range of services for people and their carers who are finding daily living activities difficult due to a health issue. Search for 'CASP'.

Community Services

Most community services in the ACT provide a range of services to support you at home. Contact your local service for more information. See page 16 for contact details.

Community Options Inc

www.communityoptions.com.au
02 6295 8800

Provides a full range of in-home support and community based support services for people with a chronic illness or disability and their carers.

Conder House Laundry & Linen Service

www.conderhouse.com.au
0427 929 946

A door to door laundry, linen and ironing service. Also sells a range of waterproof bed linen and disability products.

Duo Services Australia

www.duo.org.au
02 6287 2870

Provides a full range of support at home and in the community for children/ young people with disabilities and their families, adults with disabilities, frail aged people and people with mental health conditions living in the ACT, to enable them to live in their own home.

Linen Service

Duo Services Australia
www.duo.org.au
02 6287 2870

Delivery of clean linen and pick-up of soiled linen from the home for ACT residents who require support and assistance with continence management.

Meals on Wheels

Australian Red Cross ACT
www.redcross.org.au
02 6287 4311

Delivers a range of healthy and nutritious frozen and fresh meals to the home.

Mummy's Wish

www.mummyswish.org.au
contact@mummyswish.org.au

Supports Mums with cancer who are pregnant or have at least one child 12 years or under. Can coordinate practical support such as house cleaning and meal preparation as well as some financial assistance.

My Aged Care

www.myagedcare.gov.au
1800 200 422

A national online and telephone service providing information about aged care services as well as a range of services that assist older people in their own home.

Equipment and home modification

Cancer treatment or progression of cancer may mean that you will need to modify your home or purchase special equipment. Most patients who require home modification will be referred to an occupational therapist or physiotherapist who can advise you on suitable equipment and/or modifications to meet your needs. The following list of contacts may also be helpful.

ACT Equipment Scheme

ACT Health Village Creek Centre
37 Kingsmill Street
KAMBAH
www.health.act.gov.au
02 6207 0658

Provides financial support to people with long term disabilities for the purchase and maintenance of equipment to assist them to live at home and in the community.

Chemists

Most chemists provide a range of equipment for loan or purchase.

Equipment Loans Service

ACT Health Village Creek Centre
37 Kingsmill Street
KAMBAH
www.health.act.gov.au
02 6207 0658

Provides short term loan of equipment used to aid recovery and home care.

Independent Living Centre

24 Parkinson Street
WESTON
www.health.act.gov.au/ILC
02 6205 1900

Provides expert information and advice on equipment, building design and resources for individuals and their carers to assist people to live at home.

Mobility Matters

21 Townsville Street
FYSHWICK
www.mobilitymatters.com.au
02 6280 7244

Provides a large range of equipment for sale or hire.

Red Cross Personal Alarm Service

Australian Red Cross ACT
www.redcross.org.au
02 6234 7600

A service for those living alone or with a frail partner who may be at risk of accident or sudden illness that provides access to emergency help, 24 hours a day, every day of the year.

Technical Aid to the Disabled (ACT) Ltd

Grant Cameron Community Centre
27 Mulley Street
HOLDER
www.technicalaidact.org.au
02 6287 4290

Designs and constructs aids for people experiencing disabilities where required aids are not commercially available.

Home nursing services

Community Nursing

ACT Health
02 6207 9977

Offers a full range of nursing care in the home.

Private Home Nursing Agencies

A number of private agencies provide home nursing services. An internet search for home nursing will help you find services.

Other practical support and information

COTA ACT

Hughes Community Centre
Wisdom St
HUGHES
www.cotaact.org.au
02 6282 3777

Provides a range of services for people aged over 50 including the Seniors Information Line, Housing Options Advisory Service, ACT Seniors Card as well as a number of relevant publications.

Gather My Crew

www.gathermycrew.org

A free online rostering tool that has been developed specifically to support people in crisis, to enable them to ask for and coordinate the practical help they need.

Prostheses and personal care aids

The symptoms and treatment of cancer can sometimes result in needing regular medication, a prosthesis or personal care aids. The list below includes services that provide information, products and support as well as reimbursement schemes.

Breast prostheses services

Colleen's

22 Garran Place
GARRAN
www.colleens.com.au
02 6285 1311

Provides breast prosthesis fittings, mastectomy bras and swimwear for women who have undergone surgery for breast cancer.

External Breast Prostheses Reimbursement Program

Medicare Australia
www.medicareaustralia.gov.au
13 20 11

Provides reimbursement of up to \$400 for both new and replacement external breast prostheses to all eligible women who have had a mastectomy as a result of breast cancer.

Knitted Knockers Australia (Canberra branch)

<http://knittedknockersaustralia.com/>
knittedknockersaustcanberra@gmail.com

A volunteer group that provides free, hand knitted, 100% cotton breast prostheses to women who have had a mastectomy.

Available from the Canberra branch via email or directly from Knitted Knockers Australia.

Continence services

Continence Service

ACT Health
02 6207 9977
www.health.act.gov.au

Provides assessment and management of bladder and bowel control, as well as pelvic floor issues.

National Continence Helpline

Continence Foundation of Australia
www.continence.org.au
1800 330 066

Provides free, confidential advice about bladder and bowel control, plus local referrals, brochures and product information.

Lymphoedema services

ACT Lymphoedema Service

Calvary Hospital
BRUCE
www.calvarycare.org.au
02 6201 6190

Provides treatment, support and education on all aspects of lymphoedema.

Medicine information

NPS Medicinewise

www.nps.org.au

Provides free, independent, evidence-based information on medicines, health conditions and medical tests.

Stoma services

ACT and Districts Stoma Association

1 Moore Street
CANBERRA CITY
<https://actstoma.net.au/>
02 6205 1055

Provides support, assistance and stoma related supplies to people in Canberra and the adjoining region who have a stoma.

Stoma Therapy Clinics

ACT Health
www.health.act.gov.au
02 6207 9977

Provides care and advice to patients and carers on all aspects of stoma management.

Physical health and wellbeing

Cancer and its treatments can cause a range of symptoms and side effects that are different for each person. Looking after yourself and seeking support to manage the changes to your health will enhance your quality of life and aid recovery. There are many services available to assist you maintain and improve your physical health and wellbeing.

ACT Lymphoedema Service

Calvary Hospital
BRUCE
www.calvarycare.org.au
02 6201 6190

Provides treatment, support and education on all aspects of lymphoedema.

Exercise During Cancer Group

Exercise Physiology Department
Canberra Hospital
GARRAN
www.health.act.gov.au
02 6244 2573

A free individualised, exercise program run by exercise physiologists for people undergoing cancer treatment or who have completed treatment. Referral can be made by a GP or specialist.

Cancer Rehabilitation

Faculty of Health Clinic
University of Canberra
BRUCE
www.canberra.edu.au
02 6201 5843

This group exercise session focuses on improving fitness and functional ability for cancer patients and survivors.

Each person will be assessed and given an exercise program based on their abilities and treatment level.

Casting For Recovery

www.castingforrecovery.org.au
0430 450 060

Provide a free fly fishing weekend retreat for women recovering from breast cancer treatment.

Dragons Abreast Canberra

<https://dragonsabreast.com.au/groups/placedetails/1canberra@dragonsabreast.com.au>

Welcomes all breast cancer survivors, regardless of age, gender, sporting ability or fitness for dragon boating for fitness, fun and camaraderie on Lake Burley Griffin.

Look Good...Feel Better

<http://lgfb.org.au/>
1800 650 960

A two hour workshop dedicated to teaching women techniques to help restore their appearance and self-image during chemotherapy and radiation treatment. Information is available from the chemotherapy nurse or social worker at each hospital.

Oncology Massage Limited

www.oncologymassagetraining.com.au
0416 004 616

Trains qualified therapists to massage people with a history or a diagnosis of cancer. A list of these therapists is available on their website.

Road to Recovery

YMCA Chifley Health and Wellness Centre
9/71 MacLaurin St
CHIFLEY
<https://canberra.ymca.org.au/>
02 6281 0124

An exercise based cancer rehabilitation program designed for both cancer survivors and those who are currently undertaking cancer treatment. It is conducted in a safe community environment and run by an accredited Exercise Physiologist.

vitalyoga

CHIFLEY
www.vitalyoga.com.au
02 6281 0335

Runs gentle yoga for recovery after serious illness or cancer treatment classes, to regain strength, flexibility and peace of mind.

Diet

People receiving treatment at any of the major hospitals in Canberra can ask to speak to a dietitian during their stay.

Community Care Nutrition Service

ACT Health
www.health.act.gov.au
02 6207 9977

A community based service for adults 25 years and over that offers dietary assessments, advice or counselling for a range of medical conditions, including cancer.

Nutrition and Dietetics Clinic

Faculty of Health Clinic
University of Canberra
BRUCE
www.canberra.edu.au
02 6201 5843

A student led clinic that provides a range of dietary services including for people with cancer, at a minimal cost.

Screening services

BreastScreen ACT

ACT Health
www.health.act.gov.au
13 20 50

Provides free mammography screening for women from the age of 40. Available at the City, Phillip and Belconnen Health Centres.

Cancer Council – Cervical Screening

www.cervicalscreening.org.au

A Cancer Council website that explains the changes to the new national cervical cancer screening program.

National Bowel Cancer Screening Program

www.cancerscreening.gov.au/
bowel

National Cervical Screening Program

www.cancerscreening.gov.au/
bowel.

Fertility

CanTeen- Maybe Later Baby

www.canteen.org.au/resource/

A guide to fertility for young people with cancer.

Fertility and Cancer – Cancer Council

www.actcancer.org
13 11 20

A Cancer Council guide to fertility for people affected by cancer. View online or order a free copy by calling 13 11 20.

Holiday break accommodation

Ronald McDonald Family Retreat
Fiona Lodge
BATEMANS BAY NSW
www.rmhc.org.au
1300 135 848

Offers free holiday accommodation for one week in fully equipped units on the beach for families of children who are affected by cancer or another life threatening illness.

The OTIS Foundation

www.otisfoundation.org.au
03 5444 1184

Provides free accommodation and an opportunity to enjoy a relaxing time of sanctuary in a beautiful country environment for those living with breast cancer. Accommodation is located in Thredbo and country Victoria.

Yurana Cancer Kids Holiday Homes

ULLADULLA NSW
www.yuranahomes.com.au
02 4454 1700

Offers free holiday accommodation for families of children affected by cancer or other serious illness.

Wigs and other headwear

Cancer Council ACT Wig Service

Cancer Council ACT
Unit 1/173 Strickland Crescent
DEAKIN
02 6257 9999

Provides wigs, turbans, hats and other headwear for sale at affordable prices. Open Monday to Friday 9.00am to 4.00pm.

Colleen's

22 Garran Place
GARRAN
www.colleens.com.au
02 6285 1311

Sells a range of wigs, turbans, hats and scarves

HeadsUp@Kippax

2/12-16 Hardwick Cres
HOLT
www.headsup.net.au
02 6254 4403

Specialises in assisting all women who have hair loss. Sells a range of hats, turbans, berets, beanies, scarves & embellishments. Open Tuesday to Friday 10am – 4pm.

Emotional support

You may find that you are dealing with a wide range of emotions after a cancer diagnosis. Finding ways to manage your feelings and reactions is important to your physical and emotional wellbeing. Many people with cancer find that talking to a professional counsellor can be helpful. Others find comfort in a cancer support group, or talking to an individual who has had cancer themselves.

Carers of people with cancer may find many of these services helpful. Carers can also check the entries under Support for Carers.

Counselling services

Better Access Initiative – Medicare

<http://www.health.gov.au/mentalhealth-betteraccess>

Provides Medicare subsidies for appointments with mental health specialists. Requires a referral from a GP.

Cancer Counselling Service

ACT Health
Phillip Health Centre
PHILLIP
Belconnen Health Centre
BELCONNEN
www.health.act.gov.au
02 6207 9977

Provides free psychological, social and practical support and counselling for adult cancer patients, their families and carers.

Cancer Psychosocial Service

ACT Health
Canberra Region Cancer Centre
GARRAN
02 6174 8444

Social workers and psychologists provide practical, emotional and crisis support to cancer patients and their carers attending the Canberra Region Cancer Centre.

Catholic Care Canberra and Goulburn

57 Hicks St
RED HILL
www.catholiccare.cg.org.au
02 6295 4300

Provides quality counselling services to the Canberra community.

Kids Helpline

www.kidshelp.com.au
1800 551 800

Anonymous, confidential telephone and online counselling for young people aged from 5 to 18 years, 24 hours a day, seven days a week.

Lifeline Canberra

www.act.lifeline.org.au
13 11 14

A free telephone counselling and support service available to people of all ages, 24 hours a day seven days a week.

Mensline Australia

www.mensline.org.au
1300 78 99 78

A national telephone support service for men with family or relationship concerns. Also available to women or family members concerned about a male family member. It provides a confidential counselling service 24 hours a day, seven days a week.

Relationships Australia Canberra and Region

www.racr.relationships.org.au
1300 364 277

Offers a wide range of relationship counselling services for individuals, couples and families. Services are for all members of the community, regardless of religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

Social Work and Psychology Department

Calvary Hospital
BRUCE
www.calvarycare.org.au
02 6201 6111

Provides counselling services for people affected by cancer who are inpatients of Calvary Health Care.

Cancer support groups

Cancer support groups offer a safe place for people with cancer to talk with others who have had similar experiences. Support groups may offer emotional, social and some practical support as well as information on cancer and related issues. Each support group is unique in what they provide.

Cancer Council support groups

Cancer of the Lung and Mesothelioma Support Group

Canberra Region Cancer
Centre
GARRAN
cancer.information@
actcancer.org
02 6244 3895
02 6257 9999

A Cancer Council ACT facilitated support group for people with cancer of the lung or mesothelioma and/or their families and friends. Meets the third Tuesday of each month from 10am–12pm.

Cancer Council Telephone Support Groups

www.cancercouncil.com.au
tsg@nswcc.org.au
1300 755 632

A range of Cancer Council facilitated telephone support groups. Call, email or visit the website for a list of current groups.

There are a range of support groups operating in the ACT that are not run by Cancer Council ACT. These groups are either led by community members and /or health professionals and the views expressed by these support groups are the views of the support groups and are not necessarily those of Cancer Council ACT. Below is a list of support groups that have provided contact details to Cancer Council ACT. We recommend you contact the group directly to decide whether it may be suitable for your needs.

20–30 Chat Canberra

Location TBA
www.leukaemia.org.au
02 6215 7002

A support group for people in their 20's and 30's affected by leukaemia, lymphoma or a related blood condition. Meets four times a year. Please call the Leukaemia Foundation for more details before attending for the first time.

ACT Brain Tumour Network

1800 857 221

A network of people from Canberra and the surrounding districts with an interest in all types of brain tumours (central nervous system tumours). Meets on the 4th Sunday of each month at 11am at the Yarralumla Southern Cross Club. Please call to confirm.

Canberra Blood Cancer Education and Support Group

Leukaemia Foundation
John James Village
Rusden St
GARRAN
www.leukaemia.org.au
02 6215 7002

A support group for people affected by leukaemia, lymphoma or a related blood condition. Meets the second Tuesday of each month. Please call the Leukaemia Foundation for more details before attending for the first time.

Lung Cancer Telephone Support Group

Lung Foundation
<http://lungcancernetwork.com.au/>
1800 654 301

A telephone support group open to people with any stage of lung cancer. It meets three times a month.

Melanoma Patients Australia Canberra Support Group

www.melanomapatients.org.au
1300 884 450

A support group for melanoma patients their families and friends that provides information, support and fun. It meets once a month at Canberra Southern Cross Club, Woden, please call for more details.

Canberra NET Support Group

Unicorn Foundation
www.unicornfoundation.org.au
1300 287 363

A support group for people with neuroendocrine tumours (NET) and/or their family members and carers. Meets once a month in Canberra on a Friday from 10am-12pm. Please contact the Unicorn Foundation for more details.

Prostate Cancer Support Group – ACT Region Inc.

<http://prostate-cancer-support-act.net/>
02 6290 1984

Provides support to men diagnosed with prostate cancer and their families through personal contacts, coffee mornings and monthly meetings which are open to all. Visit the website or call for more information and meeting times.

Other cancer support

ACT Specialist Breast Care Nurses

Calvary Hospital
BRUCE
bcn@calvary-act.com.au
02 6201 6944

Offer support and referral for newly diagnosed breast cancer patients. Patients may be referred by specialists, GPs or by self referral.

Bosom Buddies

Pearce Community Centre
PEARCE
www.bosombuddies.org.au
0406 376 500

A group of women who have all experienced breast cancer and who are committed to supporting women from the time of diagnosis through treatment.

Cancer Connect

Cancer Council ACT
www.actcancer.org
13 11 20

A Cancer Council telephone peer support service that puts people in touch with others who have had a similar cancer experience.

Cancer Council Online Community

www.cancercouncil.com.au/oc

Cancer Council Online Community is an online platform for people affected by cancer to connect, share experiences and find information and support in a safe forum.

Cancer Council ACT Education Programs

Cancer Council ACT
www.actcancer.org
02 6257 9999

Cancer Council ACT runs free education programs covering a range of topics, for people with cancer, their family and friends.

Cancer Specialist Nurses

Canberra Region Cancer Centre
GARRAN
acthealthnursecoordiators@
act.gov.au

Adolescents and young adults
and sarcoma
02 6174 5788

Advanced breast cancer
02 6244 3896

Gastrointestinal cancer
02 6174 5269

Gynaecological, brain and
CNS cancers
02 6244 4416

Haematological cancers
02 6244 3447

Head and neck cancers
02 6244 3446

Lung cancer and mesothelioma
02 6244 3895

Lymphoma
02 6174 8520

Melanoma and skin cancer
02 6714 8500

Prostate cancer
02 6244 3897

Urological cancers
02 6174 5964

Specialist nurses who help people diagnosed with cancer navigate their way through the health care system. They can provide information and education and are a point of contact when you are not sure who to turn to for assistance.

Dreams2live4

www.dreams2live4.com.au
0400 914 375

A program that realises the dreams of people living with metastatic cancer.

Leukaemia Foundation

www.leukaemia.org.au
02 6215 7000

Provides emotional and practical support for people affected by leukaemia, lymphoma, multiple myeloma and related blood disorders and their families.

OvCan (ACT and Region)

Hughes Baptist Church
10 Groom St
HUGHES
0450 962 058 or 02 6292 0987

Aims to raise the awareness of ovarian cancer, to provide information on ovarian cancer to the community and medical profession and to support people affected by the disease. Meets the first Wednesday of each month, from 7.30pm–9.00pm. Please call for more information.

Can't find what you're looking for?

Call **13 11 20** or email cancer.information@actcancer.org for information.

Bereavement services

If the person you are caring for dies, you may be feeling a range of emotions. These emotions are normal and may come and go and change in intensity over time. Support groups (face-to-face, telephone or online) or counselling can help you get through times when your grief seems overwhelming.

Canberra Grief Centre

1 Geils Court
DEAKIN
www.canberragriefcentre.com.au
Sonia 0409 966 515
Mandy 0401 344 577

Provides grief and bereavement counselling as well as bereavement support groups.

Cancer Counselling Service

ACT Health
Phillip Health Centre
Cnr Corinna and Keltie Streets
PHILLIP
Belconnen Health Centre
56 Lathlain Street
BELCONNEN
www.health.act.gov.au
02 6207 9977

Provides bereavement counselling for families and carers who have lost someone to cancer.

CanTeen ACT and Southern NSW Division

7-11 Barry Drive
TURNER
www.canteen.org.au
02 6101 2207

Provides a mutual peer support network of young people living with cancer, this includes bereaved siblings and offspring of people with cancer.

Community Specialist Palliative Care Services

Clare Holland House
Menindee Drive
BARTON
www.calvarycare.org.au
02 6264 7300

Provides bereavement support or counselling to families or friends of patients of the Palliative Care Service.

Griefline Community and Family Services

<https://griefline.org.au>
1300 845 745

A national loss and grief telephone counselling service. Provides anonymous support and specialist counselling to individuals and families. Online counselling is also available.

Life After Loss Telephone Support Group

Cancer Council
www.cancercouncil.com.au
tsg@nswcc.org.au
1300 755 632

A facilitated telephone support group for people whose loved one has died from a cancer related illness. The group runs in a 'closed' six-session format. Call or e-mail to register your interest.

Solace ACT

www.solace.org.au/act/
02 6297 1052

A self help group for widows and widowers of all ages. Assists bereaved people to adjust to their loss. The phone number is answered by O'Rourke Funeral Directors.

Telephone Grief Support

National Association for Loss and Grief (NSW)
www.nalag.org.au
0439 922 201

A Sydney-based telephone support service operated by trained volunteers who provide information and referral to people experiencing loss and grief. By appointment through leaving a message on their answering system.

The Compassionate Friends ACT and Queanbeyan

www.compassionatefriendsact.org
02 6286 6134 / 02 6287 3350

Part of a world-wide self-help organisation offering friendship and understanding to bereaved parents, siblings and grand-parents. Offering support to families who are grieving the death of a child of any age, from any cause. All bereaved family members are welcome.



**Cancer
Council**

ACT

For information and support on cancer and
cancer related issues call **13 11 20**

Email **cancer.information@actcancer.org**

Visit **www.actcancer.org**