

Recommended information and resources to support you

Cancer Wellness Program

Friday 23rd April, 2021

Cancer survivors and carers



myCarePlan.org.au

mycareplan.org.au is an online survivorship care plan generator for people treated for early stage breast, bowel or prostate cancer. This tool will be expanded for three more tumour types by the end of 2021.



Australian Cancer Survivorship Centre

Australian Cancer Survivorship Centre (ACSC) website – Resources for survivors and carers
www.petermac.org/cancersurvivorship



Common Survivorship Issues Directory

Australian Cancer Survivorship Centre (ACSC) – Common Survivorship Issues Directory
www.petermac.org/survidirect
This directory provides information about common issues that cancer survivors may face, such as cancer-related fatigue, anxiety and fear of cancer recurrence.



Cancer Council Australia

Cancer Council Australia – After cancer treatment, high quality evidence based resources in many languages
www.cancer.org.au/about-cancer/after-treatment

Nutrition for cancer survivors



Cancer Council Victoria – Nutrition information & booklet
<https://www.cancervic.org.au/living-with-cancer/nutrition/nutrition-overview>



Peter Mac Peter MacCallum Cancer Centre Victoria Australia

Peter Mac – Nutrition and dietetics – resources for survivors and carers
<https://www.petermac.org/nutritioninfo>



Psychological support

Cancer and emotions -

<https://www.cancercouncil.com.au/wp-content/uploads/2014/05/UC-pub-Emotions-and-Cancer-2019.pdf>

Cancer Council Australia – Emotions and cancer booklet

<https://www.cancer.org.au/assets/pdf/emotions-and-cancer-booklet>

Beyond Blue

<https://www.beyondblue.org.au/>

Lifeline

<https://www.lifeline.org.au/>

Cancer Council Victoria 13 11 20
Information and Support line

Look Good Feel Better Program

<https://lgfb.org.au/>

Peter MacCallum Cancer Centre – Can-SLEEP program

<https://www.petermac.org/services/cancer-information-resources/can-sleep-for-health-professionals>

Peter MacCallum Cancer Centre – Fear-Less webinar: Managing fear of cancer returning or progressing

<https://www.petermac.org/https%3A//www.petermac.org/services/cancer-information-resources/fear-less>

Cancer support groups -

<https://www.cancercouncil.com.au/get-support/coping-with-cancer/telephone-support-groups-for-cancer-patients-carers/>

Financial and work-related support

Low income health care card -

<https://www.servicesaustralia.gov.au/individuals/services/centrelink/low-income-health-care-card>

[Senior Rights Victoria](#) provides legal services and advocacy to any Victorian aged over 60 years or any Indigenous Victorian aged over 45 years. Call their Helpline Monday to Friday 10am – 5pm 1300 368 821

Fair Work Ombudsman -

<https://www.fairwork.gov.au/>

Work after Cancer -

<https://www.cancercouncil.com.au/cancer-information/legal-work-and-financial-issues/work-and-cancer/for-workers/working-after-treatment-ends/returning-to-work/>

Meditation and mindfulness

Relaxation and meditation

<https://www.cancercouncil.com.au/cancer-information/living-well/complementary-therapies/mind-body-techniques/relaxation-and-meditation/>

The Headspace App for guided meditation practice

<https://www.headspace.com/headspace-meditation-app>

GP resources



Australian Cancer
Survivorship Centre

Questions you may like to ask after treatment -
https://www.petermac.org/sites/default/files/media/uploads/ACSC_Factsheet_QuestionsYouMayWishToAsk.pdf



Australian Government
Cancer Australia

A guide to follow-up after cancer -
<https://www.cancer.gov.au/affected-cancer/life-after-cancer/follow-up>

Webinar presented by ACSC, RACGP and CNSA: *The important role of primary care in follow-up for cancer survivors* -
<https://www.racgp.org.au/racgp-digital-events-calendar/online-event-items/on-demand/the-important-role-of-primary-care-in-follow-up-fo>



Australian Cancer
Survivorship Centre

Your GP can help to establish self-management healthy habits -
<https://www.petermac.org/services/support-services/cancersurvivorship/survivors-and-carers/self-management>

For more information on other topics including exercise, self-management and cancer-related fatigue, please go to:

- Australian Cancer Survivorship Centre [website](#)
- Cancer Council Victoria [website](#)