

## Recommended information and resources to support you Cancer Wellness Program - Friday, 18 February 2022

### Cancer survivors and carers

#### myCarePlan.org.au

[mycareplan.org.au](https://mycareplan.org.au) is an online survivorship care plan generator for people treated for early stage breast, bowel, prostate and uterine cancer, early stage melanoma and non-Hodgkin lymphoma (diffuse large B-cell).



#### Australian Cancer Survivorship Centre

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

#### Common Survivorship Issues Directory

Australian Cancer Survivorship Centre (ACSC) – Common Survivorship Issues Directory  
[www.petermac.org/survdirect](https://www.petermac.org/survdirect)



Cancer Council Australia – After cancer treatment  
[www.cancer.org.au/about-cancer/after-treatment](https://www.cancer.org.au/about-cancer/after-treatment)

### Nutrition for cancer survivors



Cancer Council Victoria – Nutrition & Cancer booklet  
<https://www.cancer.org.au/assets/pdf/nutrition-and-cancer-booklet>



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



#### To find a local dietitian;

- Ask your GP or
- Contact Dietitians Association of Australia and go to 'Find a Dietitian' on their website

#### Other Relevant Websites:

- [www.livelifighter.com.au](https://www.livelifighter.com.au)
- [www.cancervic.org.au](https://www.cancervic.org.au)

### Complementary Therapies



Cancer Council Victoria – Complementary Therapies booklet  
<https://www.cancervic.org.au/downloads/resources/booklets/Understanding-Complementary-Therapies.pdf>

iHeard - <https://www.cancer.org.au/iheard>

#### About Herb App

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs>

## 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>

## Psychological support

Cancer Council Australia – Emotions and cancer booklet

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

Cancer Mind Care

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

Beyond Blue

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

Lifeline

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

Look Good Feel Better Program

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

Cancer Council Victoria **13 11 20**  
Information and Support line

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

Cancer Council Victoria - Cancer and Your Finances

<https://www.cancervic.org.au/get-support/legal-and-financial/finance/finance-s-overview.html>

Booklet version

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

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/>

## Managing treatment with your GP



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](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.petermac.org/cancersurvivorship/webinars>



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>

## Peter Mac Wellbeing Centre

The Peter Mac Wellbeing Centre is located on level one of the Peter MacCallum Cancer Centre. Please visit our website: <https://www.petermac.org/services/support-services/wellbeing-and-prevention>

The Wellbeing Centre offers a caring and supportive environment for patients, their carers and families. It's a place where you can take a break in between appointments, relax over a cuppa, and find programs to support you. There are a wide range of wellness and support programs offered to support the physical and emotional wellbeing of patients, carers and families. Some of these programs include:

- Support groups
- Education sessions
- Workshops
- Oncology massage
- Art Therapy

The centre also has a number of facilities for patients and their families to use such as:

- Complimentary tea, coffee and light refreshments
- Family room
- Quiet spaces
- Sleep pods and recliner chairs to help you relax
- Computers, iPads and charging stations
- Books
- Outdoor garden space

**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](#)