

# Cancer Information and Support

## A guide to information and support services



### Wig Service

The Cancer Council wig service has an extensive range of wigs in the latest styles and colour. You may borrow a wig, at no cost, for as long as you require it. A range of turbans, hats and scarves are also available.

### Life Now exercise and relaxation programs

Exercise, yoga, relaxation and touch-based therapies aim to improve your general wellbeing and quality of life and can help you to cope with the side effects of cancer. Offered in both metropolitan and regional WA these programs are a positive step towards managing the effects of cancer.

### Lymphoedema management

This is a specialist service that is subsidised for people with cancer who have or are at risk of developing lymphoedema. Our therapists provide a comprehensive assessment and a treatment program tailored to your needs. Education workshops on how to manage lymphoedema are also held regularly.

### Nutrition information and support

Good nutrition is important during and after cancer treatment. This service offers you an opportunity to talk to a dietitian with oncology experience.

### Contact Us

To find out more about any of these services please call us at the Cancer Council Helpline on 13 11 20 or visit the Cancer Council WA website [www.cancerwa.asn.au](http://www.cancerwa.asn.au) for the latest information and to quickly locate your nearest support group, exercise or relaxation therapy activity.

- Funded by community donations, we offer a wide range of information to assist people affected by cancer across WA.
- Practical and emotional support, for you and your family during and after cancer treatment.

### For further information contact:



Statewide for the cost of a local call  
Weekdays 8am - 6pm

**Cancer Council Western Australia**

*A non-government, community supported organisation*

[www.cancerwa.asn.au](http://www.cancerwa.asn.au)

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 Funded by  
Community  
Donations

 **Cancer  
Council**  
Western Australia

Cancer Council Western Australia understands that cancer can have a major impact on you as well as your family. Funded by community donations, we offer a wide range of information, practical and emotional support services to assist people affected by cancer across WA.

### **Cancer Council Helpline 13 11 20**

Our dedicated team of cancer nurses can answer your questions and provide you with the latest information about cancer diagnosis, treatment options and advice on how to cope with cancer. Helpline nurses offer support to you and your family and can also locate support and services close to home that best suit your needs.

The Cancer Council Helpline is a useful resource for health professionals who support people affected by cancer. For the cost of a local call from anywhere in WA call the Cancer Council Helpline 13 11 20 for information and support.

### **Peer support**

Talking to others who understand what you're going through and who know what it's like to have cancer affect their lives, can be a supportive and safe experience for many people. Cancer Connect, a telephone based peer support program can link you with a trained volunteer who has had a similar cancer experience to you or your carer. Call the Cancer Council Helpline on 13 11 20 to access this program.

### **Cancer information**

We provide a range of publications and resources including booklets, brochures, fact sheets and CDs for patients, families and friends on support and services, cancer types, cancer treatment and living with cancer. Our website is a great place to find a wide range of cancer related information.

### **Regional and rural support**

Cancer Council Support Coordinators are located across WA. These caring health professionals can provide face to face contact and information, facilitate a local support group and can help to connect you with local services. With a network of volunteers we can provide you with emotional, practical and social support close to home.

### **Accommodation in Perth**

Cancer Council WA provides subsidised home away from home accommodation facilities for cancer patients and carers who need to travel to Perth for assessment and treatment. Crawford Lodge in Nedlands and Milroy Lodge in Shenton Park provide a supportive environment located within easy reach of the main metropolitan cancer treatment centres.

### **Cancer counselling**

If you or someone close to you has been diagnosed with cancer you may find it helpful to talk with a professional counsellor who has experience in dealing with cancer related issues. This service is free and available in both metropolitan and regional areas.

### **Cancer support groups**

Support groups offer a confidential, supportive place to share experience, learn from and connect with, others affected by cancer. Some groups have a special focus, like breast cancer, or for couples or carers. Groups can be face to face, online or by telephone.

### **Financial assistance and practical support**

A small amount of financial assistance is available to eligible cancer patients who are undergoing active treatment and who meet our financial hardship criteria. Short term practical assistance, such as childcare, cleaning and gardening can be arranged for eligible cancer patients who have a limited resources or support.

### **Resource library**

Our resource library offers a collection of resources for cancer patients, their families and friends, which consists of cancer and health-related books and DVDs. Libraries are located at Crawford Lodge in Nedlands and Milroy Lodge in Shenton Park. Internet access is also available with searching guidance to reliable cancer websites.

### **Workshops and information seminars**

To help learn more about living with cancer and how to cope with some of the challenges, a range of seminars and forums are held throughout the year for people affected by cancer, their carers and health professionals.