

Cancer Wellness Program

Supporting you through
the transition to life beyond
cancer treatment



Many people diagnosed with cancer are now surviving a long time after their treatment ends.

Completing your treatment is an important milestone to celebrate however, it can often trigger a range of emotions. This time is when many people realise the full impact cancer had on them and their family and friends. It can leave many unsure of how to move forward.

Finishing treatment can often bring unexpected emotional, physical, practical and social challenges. Some examples of these challenges include ongoing side effects, living with a fear of the cancer returning or having difficulty returning to work.

Icon's cancer wellness program aims to support you through your transition to wellness and recovery after treatment.



What is the wellness program?

The wellness program offers support, education and information in areas including:

- **Physical needs** – for example coping with fatigue, nutrition, sleep, physical activity, pain, continence and management of other late or ongoing side effects
- **Emotional wellbeing** – for example sadness, anxiety or depression
- **Social wellbeing** – for example relationships with your partner, family or friends and intimacy
- **Practical issues** – for example finance, work or transport
- **Spiritual wellbeing** – for example, providing a sense of self, connectedness and purpose

The program is designed to:

- Improve physical, functional and/or emotional challenges that may arise as a consequence of treatment
- Identify and modify lifestyle behaviours in order to improve quality of life and minimise the risk of cancer recurrence
- Be tailored to address your individual needs
- Link you to local services and supports
- Improve coordination between your care team and primary health provider
- Empower you to be an active member of your care team



Participating in the program:

After confirming your registration to the program, you will attend clinic appointments 2 months after the completion of your treatment with further follow up at 6 months, and again at 12 months if required. Clinic appointments can be held either in person or via telehealth.

Prior to your appointment, you will be asked to complete a range of questionnaires to identify any unmet needs or problems causing distress.

At your appointment you can expect to:

- Receive healthy living education including discussions around your goals for lifestyle changes
- Address unmet needs or problems with appropriate referrals or be given links to support services
- Receive monitoring and management of late or ongoing side effects
- Receive a wellness care plan including information about the treatment you received, things to look out for, a guide for follow up, general health and wellbeing advice and a plan to live well which can be shared with your General Practitioner (GP)



Frequently asked questions

Who can participate?

The wellness program is available to all patients completing treatment for curable or early stage disease at Icon Cancer Centre.

What is the cost?

This is currently a free program for Icon Cancer patients as part of your standard of care.

How can I access further information?

Please speak to your cancer nurse or care team for further information, if you do not wish to participate in this program or have additional requirements, including the need for telephone appointments or translators.

You will leave the appointment with:

1. Your care plan which can be shared with your wider care team including your GP
2. Your next appointment time with the cancer nurse to review progress, reassess needs and offer any further support required



For more information visit
iconcancercentre.com.au

