

ACTIVATE



Our Program Aim

This multi-disciplinary Cancer Care program is suited to those who have a primary diagnosis of cancer and are looking to improve their quality of life and have a level of decline due to cancer treatment. Participants can be at various stages of their journey, whether that be before, during or after any treatment.

The program is designed to assist individuals to maximise participation in an active and fulfilling life, with a focus on functional and psychological wellbeing.

Program Structure

The program combines health education, exercise and support for participants in a small group environment. Exercises are tailored to the individual's level of activity. Participants attend for 2-3 hours, twice a week for 6 weeks.

The comprehensive education sessions cover topics including:

- Benefits of exercise
- Activity pacing and energy conservation
- Nutrition
- Stress management
- Healthy sleep patterns
- Community support services

Cost

We have agreements with most health funds and Department of Veterans' Affairs, which ensure your out-of-pocket expenses are kept to a minimum.

Participants will be notified of any costs prior to commencing the program.

The RehabilitationCare Team

Our multi-disciplinary team consists of:

- Rehabilitation Physician
- Occupational Therapist
- Physiotherapist
- Dietitian

Referrals

Referrals may be made by surgeons, specialists or general medical practitioners. Referrals may also be received directly from hospitals after an inpatient stay.

The Rehabilitation Program Coordinator will arrange an initial assessment by a Rehabilitation Physician at Kareena Private Hospital prior to commencement of Program.



**Find out more
about ACTIVATE**

**Speak with the Program Coordinator at
Kareena Private Hospital 02 9717 0181**

Kareena Private Hospital

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kareenaprivate.com.au

People caring for people.



**Kareena
Private Hospital**
Part of Ramsay Health Care