

ACTIVATE



Our Program Aim

This multi-disciplinary CancerCare 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 two to three 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

Partners, family members or close friends are welcome to attend the education sessions.

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

The Specialist team is delivered by Ramsay RehabilitationCare at our rehabilitation services.

Our 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 the closest Ramsay Rehabilitation Services.



**Find out more
about ACTIVATE**

**Speak with the Allied Health Manager on
02 9717 0181 or email lauschc@ramsayhealth.com.au**

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