

ACTIVATE



Our Program Aim

The ACTIVATE rehabilitation program is specially designed for people who have experienced a decline in functioning and quality of life as a result of cancer and cancer treatment. This multi-disciplinary oncology program is suited to those who have had a primary diagnosis of cancer and are looking to improve their quality of life. Participants can be at various stages of their cancer 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 by providing targeted care for more complex rehabilitation needs.

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 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

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 team consists of:

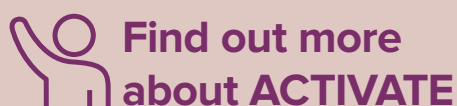
- Rehabilitation Physician
- Occupational Therapist
- Physiotherapist
- Exercise Physiologist
- Dietitian
- Psychologist

Referrals

To enter the CancerCare ACTIVATE program you can go to your medical oncologist, GP or specialist and obtain a referral letter.

Your referral letter should then be sent to the following email address or fax number.

You will then receive a phone call from our Day program co-ordinator to check your eligibility with you and help organise your initial assessment for the program. You are also welcome to contact us to answer any queries you may have about the program.



**Find out more
about ACTIVATE**

**Speak with the Allied Health Manager on
02 8876 9447 or email DayProgram.HHP@ramsayhealth.com.au**

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