

“Sometimes you don’t know what you need to know. This program has provided me with new found knowledge and tools to prioritise and improve my health and well being.”

Case Coordinator

Each patient will be appointed a case coordinator, who will touch base throughout the program.

Communication with medical practitioners

Communication to the referrer and GP will occur from referral through to discharge.

Funding, referrals and enquiries

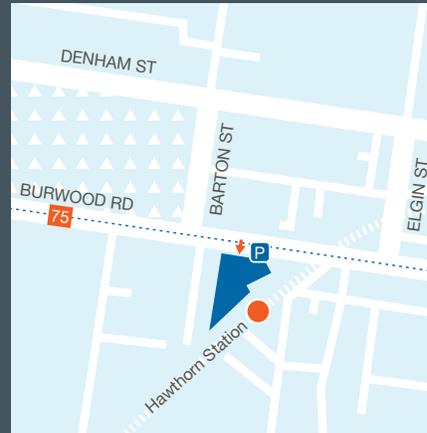
Epworth Rehabilitation has funding agreements for rehabilitation with most private health funds.

Referral to Epworth Rehabilitation can be arranged by your GP, surgeon or oncologist, and sent to:

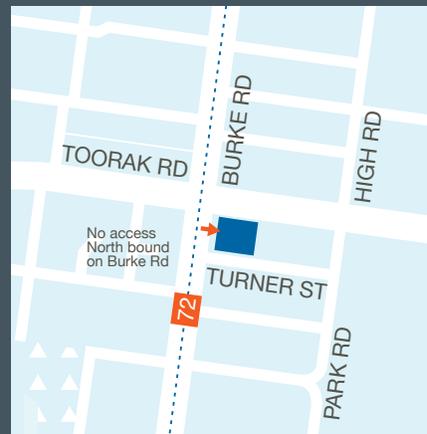
Email rehab@epworth.org.au

Fax 03 9982 6696

Phone 1300 46 REHAB



50 Burwood Road, Hawthorn Vic 3122
Phone 03 9415 5777 **Fax** 03 9415 5877



888 Toorak Road, Camberwell Vic 3124
Phone 03 9809 2444 **Fax** 03 9889 6756

Enhance

Breast Cancer Rehabilitation Program



What is rehabilitation?

Rehabilitation aims to restore a person's ability to live as they did before an injury, medical condition, surgery or disability and assist patients to cope with health issues impacting independence.

Rehabilitation addresses a patient's physical, personal, social emotional, learning and environmental needs. It also assists in returning a person to the usual activities of daily living.

"I am a very independent soul and although I was enthusiastic about the program, it took me a little while to come around to accepting this kind of support, for which I am now extremely grateful. The program brought strength and positivity back into my life and helped me embrace life again, which can be very difficult when you are worried about what the future might look like. This disease can be life shattering, so to have this supportive network makes such an incredible difference. Going through this was the best thing I could have done." Mignon

The program objectives

The Breast Cancer Rehabilitation Program aims to meet the varied needs of patients that may arise during and following treatment. These may include fatigue, body image, weight, self esteem, work & family challenges, late onset side effects, etc.

The program is designed to

- improve the 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
- provide education and self reflection activities to ensure patients are aware of their individual needs and develop strategies to address these
- be flexible and tailored to meet the individual needs of patients
- link patients into local services and supports

The Service

The Breast Cancer Rehabilitation Program is delivered by an extensive clinical team including rehabilitation physician, breast care nurse, psychologist, social worker, occupational therapist, exercise physiologist, dietitian and physiotherapist.

The service comprises of 3 elements:

1. A multidisciplinary assessment to ensure any issues or concerns are identified.
There are two phases:
 - a 1 hour medical assessment
 - and on a separate day, a 1 hour psychosocial assessment with a psychologist/social worker, and a 1 hour physical/functional assessment with an exercise physiologist/physiotherapist.
2. Group program – 2 hours per week for 8 weeks. Each session comprises 1 hour of exercise and 1 hour of education and has a maximum of 8 participants
3. 1:1 therapy – individual intervention to provide clinical care that cannot be provided within the group setting