



Cancer? We can help

General information
and support services

Cancer Council Helpline
13 11 20
www.cancersa.org.au

When you're affected by cancer...

Every day around 25 South Australians are diagnosed with cancer. It's a disease that affects one in two people by the age of 85.

A cancer diagnosis can be extremely stressful and it's not only the person with cancer who feels the impact, family members, carers and friends are also affected.

When you're dealing with cancer, you may be overwhelmed with different feelings – anything from anger, shock and grief to a sense of hopelessness. There are a range of emotional, psychological, physical and practical challenges to face. There can also be a lot of information to take in (much of which is unfamiliar), or not enough information when you are trying to make sense of what is happening.

All of this can make you feel very alone.

But you're not alone: Cancer Council SA is here to help you.

We offer information, support, practical assistance and understanding to anyone affected by cancer.

**You're not alone:
Cancer Council SA
is here to help you**

About Cancer Council SA

Cancer Council SA is South Australia's leading independent non-government cancer control organisation. We are dedicated to helping South Australians reduce their cancer risk and receive the best cancer care.

Our vision

To beat cancer in South Australia.

Our purpose

Through research, prevention and support strategies, we will minimise the impact of all cancers for all South Australians.

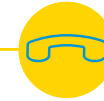
 Cancer Council
Helpline
13 11 20
www.cancersa.org.au

For support and information on cancer and cancer-related issues, call Cancer Council Helpline. This is a free and confidential service available Monday to Friday 8:30 am – 8:00 pm
202 Greenhill Road
Eastwood SA 5063
PO Box 929, Unley BC SA 5061
t 08 8291 4111
f 08 8291 4122
cc@cancersa.org.au
www.cancersa.org.au

Ways we can help



Cancer Council SA offers information, support, practical assistance and understanding to anyone affected by cancer.



Cancer Council Helpline 13 11 20

Experienced nurse counsellors who can assist you with your information and support needs are only a phone call away on 13 11 20, Monday to Friday, 8:30 am – 8:00 pm.



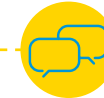
A place to stay

Cancer treatments present special challenges to people from rural and remote areas. We offer supportive, subsidised accommodation and transport.



Clear, up to date information

We will provide you with up to date, evidence-based information by phone, letter, email, our website, in print or in person.



Someone to talk to

Our confidential Cancer Connect telephone service can assist in linking you to someone who has had a similar cancer experience and can understand your concerns.



Cancer Counselling Service

Our professional counsellors can help you talk through and better manage the challenges of living with cancer.



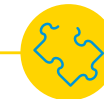
Managing cancer stress

Our eight-week group program is designed to help you manage difficult thoughts and emotions arising from cancer.



Financial assistance

We'll explain the community resources available to you, and may be able to provide a one-off grant to help you meet the financial challenges a cancer diagnosis may cause.



Staying Healthy After Cancer

When cancer has changed your life, how do you get back to living? This free program can help you move forward.



Ways we can help



Cancer Council Helpline 13 11 20



Cancer Council Helpline is the best way to access support, services and information. If you have cancer or are a family member, friend, carer or health professional helping someone with cancer, you can speak with an experienced nurse counsellor who understands the impact of cancer. Call **Cancer Council Helpline 13 11 20**, Monday to Friday, 8:30 am – 8:00 pm.

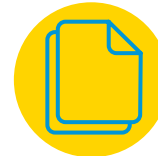
Our nurse counsellors do not provide medical advice, but can help to clarify medical terms, procedures and treatments; inform you about services that may be helpful; provide you with printed information; or just talk with you about your cancer experience.

If you have special communication, hearing or language needs, you can connect with us:

- TTY speech and hearing impaired users, call 133 677
- Speak and listen users, call 1300 555 727
- Languages other than English users, call Translating and Interpreter Service on 131 450

then ask for **Cancer Council Helpline 13 11 20**.

Clear, up to date information



Often when you are affected by cancer you can feel upset, frightened and overwhelmed. This can make it hard to understand and remember the information you are given. We can help by clarifying medical and treatment details, and by providing clear, up to date, evidence-based information about cancer.

You can access our information by phone, letter, email, via our website, in print or in person. Call **Cancer Council Helpline 13 11 20** or visit www.cancersa.org.au to find out more.

Financial assistance



Dealing with cancer can present significant financial challenges. Time for appointments and treatments while facing medical bills and additional travel costs can all take a toll on your budget.

We can help you find relevant community and government resources that may be able to assist you financially. Cancer Council SA may also be able to provide a one-off grant to help you meet specific financial challenges posed by cancer. This is assessed on an individual basis, usually through a social worker at your treatment centre. Talk to your social worker first, then call **Cancer Council Helpline 13 11 20** if you need further assistance.

A place to stay

Getting to cancer treatments can present special challenges to people living in rural and remote areas, and we can help.



Accommodation

We offer supportive, low-cost accommodation for people who need to attend cancer treatment and appointments in Adelaide:

- **Greenhill Lodge**, 204 Greenhill Rd, Eastwood, p 08 8291 4200, f 08 8291 4299
- **Flinders Lodge**, 27 Dequetteville Tce, Kent Town, p 08 8291 4400, f 08 8291 4499
- **Seaview Lodge** provides a small number of self-contained units. Please enquire through Greenhill Lodge.

When your treatment dates have been set, call our Lodges on the numbers listed above or email motel@cancersa.org.au as soon as possible to make a reservation.

Talk to your doctor or health service about the Patient Assistance Transport Scheme (PATS) to see if you are eligible for help to cover the cost of travel and accommodation.

Cancer Council SA provides support services for guests and carers during your stay at our accommodation facilities. A social worker is available to discuss practical issues, provide information about services or just to talk about some of the emotions a cancer experience can bring. Enquire at reception to make an appointment. You can call **Cancer Council Helpline 13 11 20** to talk to a nurse counsellor and be referred to the social worker.

Transport

Our free friendly volunteer transport service is for guests who need to travel between Greenhill Lodge/Flinders Lodge and some cancer treatment centres. There is no transport service available for Seaview Lodge.

Someone to talk to

Cancer Connect

Our free, confidential Cancer Connect service provides an opportunity for you to talk with someone who has 'walked in your shoes' and really understands what it's like to deal with cancer. Cancer Connect links you by phone to a trained volunteer with a similar cancer experience, who can listen to your concerns and provide support. Carers can also talk to other carers about the changes and challenges they are facing.



Support groups

A support group in your area may give you an opportunity to share stories, information and support. Call **Cancer Council Helpline 13 11 20** or visit www.cancersa.org.au to get in touch.

Cancer Counselling Service

Whether you are directly or indirectly affected by cancer, our free Cancer Counselling Service offers you an opportunity to discuss your cancer experience and its impact on your life. Our professional counsellors are experienced in helping people affected by cancer and can help you learn new ways to manage stress, set personal goals and develop ways to achieve them, or find ways to talk to family and friends about your concerns.



You can speak to our counsellors in person or over the phone at any stage of your cancer experience. You don't need to be undertaking treatment to attend, as sometimes difficult emotions emerge after treatment has finished. Call **Cancer Council Helpline 13 11 20** to make an appointment.

Managing Cancer Stress

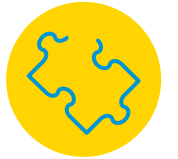
Our eight-week (one session per week) Managing Cancer Stress program aims to help you better manage some of the difficult thoughts and emotions that can arise when facing the challenges of cancer. Techniques used in the program include a focus on breathing and gentle movement.



Trained counsellors with experience in working with people affected by cancer facilitate this free program. Call **Cancer Council Helpline 13 11 20** for more information.

Staying Healthy After Cancer (SHAC)

SHAC is a free, seven-week program (one 2 ½ hour session per week) designed to help people who have finished their treatment to manage the changes resulting from a cancer experience. The program is run by two trained leaders who have an experience of cancer and will guide you through ways of improving your health and well-being to get more out of living. Topics in the program include nutrition, dealing with difficult feelings such as anxiety and fear, physical activity, goal setting and relaxation techniques.



Six months after completing the program participants showed continued improvements including less fatigue and distress.

This program is offered in various community centres. Call **Cancer Council Helpline 13 11 20** or visit www.cancersa.org.au for details of the next program in your area.