

### Wig Service

Our free Wig Service includes an extensive range of wigs in the latest styles and colours. You may borrow a wig for as long as you like, and exchange it as many times as you need. A range of turbans and scarves are also available for loan. Fully-trained volunteers are available to assist you with the selection, fitting and management of your wig.

Our Wig Service is available in Perth and some of our Regional Cancer Support Centres. If you are unable to attend a Wig Service, products can be posted out to you. For more information call 13 11 20.

### Financial hardship and practical assistance

Cancer treatment can put enormous strain on your resources and sometimes a little help can go a long way. We offer financial assistance to patients undergoing cancer treatment who meet our financial hardship criteria.

Where available, we can also provide short-term practical assistance such as in-home childcare, domestic cleaning and gardening for eligible patients who have limited support or resources.

### Legal, financial and employment support

If you need assistance with financial planning, debt consolidation, access to superannuation, planning your Will, power of attorney or other legal or financial matters, we may be able to connect you to a lawyer or financial planner. Eligibility criteria applies.

We also offer a Workplace Advisory Service and Small Business Advisory Service, which links patients and carers with specialist professionals, who provide advice and support on workplace and self-employment issues before and during cancer treatment.

### Cancer support groups

Cancer support groups bring people together who have been affected by cancer including partners, carers and family members in a confidential and supportive environment. They provide a place to obtain information and to discuss ways of coping with the challenges of life after a cancer diagnosis.

Cancer support groups can be face-to-face in your local community, online, or via the telephone, and all support groups have trained facilitators.

### Peer support

Cancer Connect is a telephone based peer support program which can link you to a trained volunteer who has had a similar experience to yours. This can be accessed by speaking to one of our cancer nurses on 13 11 20.

There is also a professionally moderated online support community where people living with, and affected by cancer can find, receive and provide support by participating in groups, discussions, blogs and webinars. This can be accessed at [cancercouncil.com.au/oc](https://cancercouncil.com.au/oc).

# You first then cancer

**With a wide range of services, we tailor support to you, to help all West Australians face the challenges of cancer.**

Our tailored support includes:

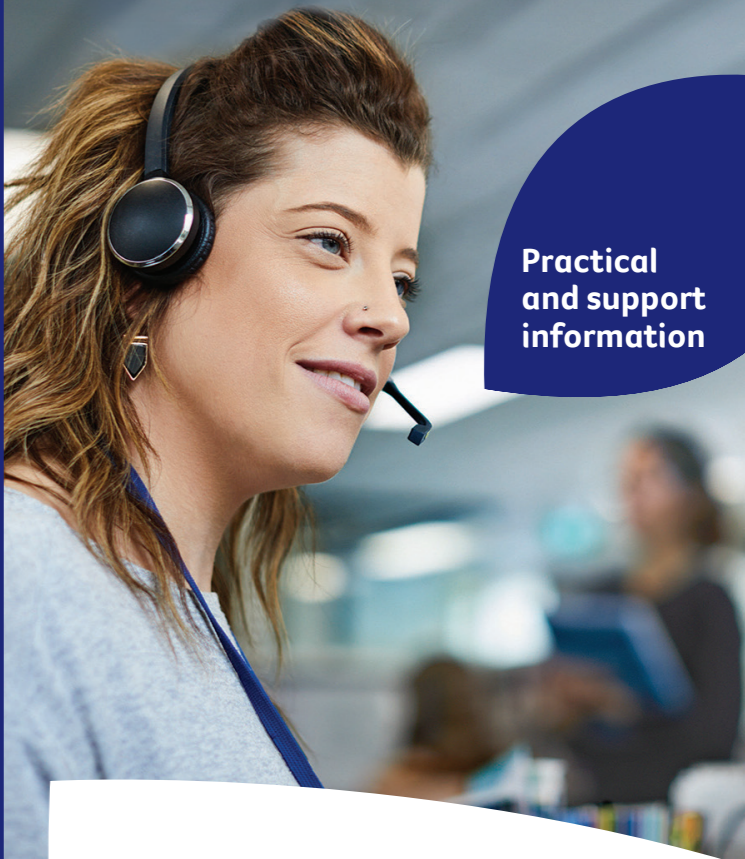
- Counselling
- Support Groups
- Trusted Information
- Financial Assistance
- Exercise and Yoga classes
- Legal Advice
- Transport and Accommodation
- Wig Service
- Education Programs and more.

**We put you first, then cancer.**



For support and information on cancer and cancer-related issues, speak to a cancer nurse on **13 11 20**. Calls are confidential and available statewide Monday to Friday during business hours. Local call costs apply, except for mobiles.

# Cancer Information and Support Services.



**Practical  
and support  
information**

**13 11 20**  
Cancer Council



## Supporting the community


At Cancer Council Western Australia, we understand that a cancer diagnosis can have an enormous impact on anyone affected by cancer. This brochure outlines the range of practical and emotional support, professional services and information we offer to those affected by cancer.

For more information about any of our support services please call our cancer nurses on 13 11 20 or visit our website **cancerwa.asn.au**.

## Cancer Council 13 11 20 – for information and support

Anyone affected by cancer can call 13 11 20 and speak to one of our cancer nurse. Our nurses can provide you with accurate information and support for any cancer-related concerns you may have, and can also inform you of services and programs.

Calls are confidential and available statewide Monday to Friday during business hours.

	<p>If you need information in a language other than English, an interpreting service is available. Call 13 14 50.</p>	<p>If you are deaf, or have a hearing or speech impairment, you can contact us through the National Relay Service by phone 1800 555 660. <a href="http://www.relayservice.gov.au">www.relayservice.gov.au</a></p>
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## Dietetics service

For information about appropriate diets before, during and after treatment, along with tips on managing the side effects caused by treatment, call 13 11 20 to enquire if you are eligible to access a dietitian.

## Cancer information and resources

We provide a range of resources including booklets, brochures, fact sheets, videos, podcasts and webinars on cancer types, cancer treatment, living with cancer and living well after cancer. Our resources are available to view or download via our website **cancerwa.asn.au** or copies requested by calling 13 11 20.

## Life Now Exercise and Meditative Courses

Mind body activities are an important part of supportive cancer care. These activities provide a range of mental and physical health benefits. Research shows these activities can help reduce stress and anxiety and improve quality of life for people affected by cancer.

The Life Now Program offers cancer patients and their primary carers free, introductory, Exercise, Meditation, Mindfulness, Tai Chi and Yoga courses at locations across Western Australia and online.

All courses are delivered by experienced facilitators in a safe and supportive environment.\*

\*Eligibility criteria applies

## Wellbeing after Cancer

Our Wellbeing after Cancer program offers support to people for the time after their cancer treatment has finished. This may include complete recovery from cancer, or perhaps now living with cancer.

A Registered Nurse who is specialised in the Wellbeing after Cancer program, will assist you in identifying your specific needs and support you to achieve them through a series of coaching phone calls and useful tools, including developing an individualised wellbeing care plan.

For further information call 13 11 20 or visit the Wellbeing after Cancer page on our website **cancerwa.asn.au**.

## Regional support services

We have dedicated Cancer Support Coordinators, with health professional backgrounds, located across the state. They have extensive knowledge of what cancer related services and resources are available in their regions.

Many are based from one of our Cancer Support Centres which are located close by to a local cancer treatment centre. They also offer a selection of the services onsite as well as online.

For more information or to check what services are available in your area call 13 11 20 or visit **cancerwa.asn.au**.



## Accommodation in Perth

Our two self-catering Lodges offer a comfortable home away from home for eligible regional cancer patients and their carers, who need to travel to Perth for assessment and treatment.

Our Lodges provide a supportive environment and offer free transport to and from treatment for Lodge guests (conditions apply).

## Complementary therapies

Complementary therapies are supportive therapies that can be used alongside cancer treatments to improve general wellbeing and quality of life. These are provided at some of our Cancer Support Centres by qualified therapists who volunteer their time.

## Cancer counselling

If you or someone close to you has been diagnosed with cancer, you may find it helpful to talk to a professional counsellor who has experience in dealing with cancer-related issues. We offer short-term face-to-face or telephone counselling services which are available in metropolitan and regional WA through our Counselling Network. Patients, family and carers who have been affected by a cancer diagnosis can attend. This service is provided at no or minimal cost.

