

NEEDING MORE SUPPORT?

- **My Aged Care**

My Aged Care is the entry point to access care services for everyone 65 years and over.

Go to: <https://www.myagedcare.gov.au>
or Call 1800 200 422

There you will find information about the many different services, your eligibility and referrals to access services such as physiotherapy, personal care, transport, as well as other services.

A small cost is required except if experiencing financial hardship.

The website is the entry point for you to research what is available.

- **Meals and cleaning when home**

There are other options if you do not qualify for any Aged Care services. Commercial services are available for delivered meals and domestic cleaning care at a fee for service cost.

- **Community Transport**

The Community Transport Company is there to assist with transport to medical and social appointments including cancer treatment.

There is also a door to door bus service to drive you and assist you with your shopping and monthly social outings

Call **The Community Transport Company**
Phone: 1300 875 895

- **Cancer Council T2T Service**

Transport to Treatment is a free service for people who can't access Community Transport Services or have other transport barriers.

Call Cancer Council NSW Northern Regional Office
Phone: (02) 6639 1300



13 11 20

Cancer Council NSW provides evidence-based information about Cancer, as well as practical and emotional support programs to help people cope better with cancer.

13 11 20 The team can assist you.

Call and ask all your questions. This is a confidential service where you can ask about anything to do with cancer, including caring for someone with cancer, or end of life issues, understanding a new cancer diagnosis or how to prevent cancer.

Our 13 11 20 Consultants are experienced Health Professionals, and this service is often the first point of call for practical and emotional support.

- How to cope with treatment and its side effects, including Counselling
- Link you with information and resources
- Link you with practical support services; such as financial support, assistance with legal, accommodation assistance, survivorship programs or transport to treatment
- Connect you with peer support groups with people going through similar experiences, whether that be online, by telephone, or through local support groups

Cancer Council Information & Support **13 11 20**

Visit www.cancercouncil.com.au

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NORTHERN RIVERS

CANCER SUPPORT SERVICES



**Produced and Prepared by
Ballina Cancer Advocacy
Network**

What a shock when we hear that word.

You might be overwhelmed right now. You've been given so much information, all at once and maybe you have some questions to ask.

The good news is that many services within and outside the health system are there to help you and this brochure will assist you to find them.

You will see many new medical and allied health personnel during your treatment. Remember that your GP is the person who knows you best and will be there to support you for your entire cancer journey

You might be wanting assistance with cleaning, meals, transport and more. It can be difficult to ask for help, know that there are both public and commercial services available for you to access

Social Workers are a source of information when you are visiting the hospital. Ask about the range of support services available

When at hospital be an advocate for your needs. Ensure that you receive a Discharge Planner to assist you in setting up services at home.

*We wish you well in your journey
There are many services to help guide and help support you. Do not feel afraid to ask...*

Ballina Cancer Advocacy Network
produced and prepared this brochure

for more information
Contact Maureen M: 0411 702 586

LOCAL SUPPORT GROUPS **A safe place where you can join others**

ALSTONVILLE / BALLINA

PROSTATE & CARERS 3rd Mon. 10.00 am P: 0493 075 612

BALLINA

GENERAL CANCER 1st Wed. 10.30 am

Gabi: 0402 104 193 or Sue: 0400 280 500

BREAST SUPPORT GROUP - Ballina Bosom Buddies

3rd Thurs. 10.00 am *Debbie: 0401 301 413*

BYRON BAY

GENERAL CANCER 1st Tues. 10.00 am

Ken: 0411 233 755 or David: 0428 187 025

GRAFTON / YAMBA / MACLEAN

BREAST SUPPORT GROUPS

GRAFTON 1st Friday 11.00 am *Janette 0405 122 028*

YAMBA 1st Thurs. 10.00 am *Gloria 0408 721 544*

PROSTATE PARTNERS SUPPORT FORUM *Glad 0415 350 974*

KYOGLE

BREAST GROUP - 3rd Tues. 10.00 am *Robyn: 6633 5116*

LISMORE

GENERAL CANCER 1st Mon 10.30 am. *Sue: 0400 280 500*

PROSTATE & CARERS 1st Wed. 7.00 pm. *Bob: 6622 57 92*

MURWILLUMBAH

ALL CANCERS: Ring Caroline 66709400 Community Health

TWEED HEADS

GENERAL CANCER: 2nd Wed 10.00 am

Wendy: 07 5506 7734 or Terry: 0416 270 170

PROSTATE: Email for info. prostateblue2485@gmail.com

OTHER SERVICES

LEUKEMIA FOUNDATION: 1800 620 420

LUNG FOUNDATION: 1800 654 301

PROSTATE TELENURSE 1800 220 099

CANTEEN (Children's Cancer) 1800 835 932

LIFELINE 13 11 14

BEYOND BLUE 1300 224 636

WEDGETAIL RETREAT (02) 6672 8161 (palliative support)

YOUR GP IS THE GATEWAY TO ACCESSING OTHER SERVICES

Emotional and Mental health support

Your GP

You may find it helpful to talk to someone outside the family about how you are feeling. It is not unusual to feel overwhelmed at a time like this

Your GP can refer you to a psychologist who will be able to listen to the many challenges that you are experiencing. Ask for a longer appointment to talk with your GP who can provide a mental health plan now and following your treatment.

Ask your GP about the importance of exercise during and post treatment. A referral to have designed exercises could assist your recovery.

Remember to ask for a longer appointment

Social Worker

The social worker can be contacted when you are in the hospital or you can self-refer when you are at home. They can work with you to make changes in your personal situations.

You will need a referral to access community nurses for home care. Counselling is available either when you are an inpatient or when you are back at home.

Contact your Local Community Health Network
Ballina: Ph: 6620 6200 Lismore: Ph: 6620 2967

CANCER COUNCIL NSW Ph: 13 11 20
CANCER COUNCIL NSW - Northern NSW

(Byron Bay) Phone 02 6639 1300