

ACTIVATE

A multi-disciplinary Cancer Care Program to help people live an active and fulfilling life



**Tamara
Private Hospital**

Part of Ramsay Health Care

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People caring for people.



MR0032589 TamPH Activate Program DL Cancer



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Our Program Aim

This multi-disciplinary Cancer Care program is suited to those who have a primary diagnosis of cancer and are looking to improve their quality of life. Participants can be at various stages of their 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, with a focus on functional and psychological wellbeing.

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 two 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

Partners, family members or close friends are welcome to attend the education sessions.

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 Rehabilitation Care Team

The Specialist team is delivered by Ramsay Rehabilitation Care at our rehabilitation services.

Our team consists of:

- Rehabilitation Physician
- Occupational Therapist
- Physiotherapist
- Social Worker
- Dietitian
- Psychologist

Referrals

Referrals may be made by surgeons, specialists or general medical practitioners. Referrals may also be received directly from hospitals after an inpatient stay.

The Rehabilitation Program Coordinator will arrange an initial assessment by a Rehabilitation Physician at Tamara Private Hospital.

Contact Us

For further information, please contact the Program Coordinator on (02) 6764 5676.

Referrals can be forwarded to the Program Coordinator by:

Fax: 02 6764 5680

Email: DayRehab.TAM@ramsayhealth.com.au