CABRINI CANCER EXERCISE AND WELLNESS CENTRE

The Cabrini Cancer Exercise and Wellness Centre provides a comprehensive range of multidisciplinary, evidence-based oncology programs and services.

AS YOUR CANCER TEAM, WE STRONGLY RECOMMEND THAT YOU:

- Avoid inactivity and return to normal activities as soon as possible following diagnosis
- Be as physically active as your current condition and ability allows
- Participate in an individually tailored exercise program involving moderate to high intensity:
  - AEROBIC EXERCISE (walking, jogging, cycling, swimming) **and**
  - RESISTANCE EXERCISE (lifting weights)
- Eat a balanced diet that will optimise good nutrition and weight management
- Incorporate strategies based on latest evidence that may help you manage your symptoms and side-effects of treatment
- Ask us for support when you need it most, to improve your overall wellbeing as you manage your cancer diagnosis, treatment and life after cancer

Like to know more?

If you are interested in attending the Cabrini Cancer Exercise and Wellness Centre you can ask your treating healthcare professional to refer you. They can fill in the form overleaf and return it to us. Alternatively you can self-refer and we can contact you to discuss our services and how they may maximise your wellness while dealing with cancer. We are here to guide and support you.

Please note, there are costs associated with the centre's programs and services. Rebates may be available through your private health insurance or ask your GP for a Chronic Disease Management Plan.

REFERRALS: **Ph: (03) 9508 1700 Fax: (03) 9508 1455 Email: access@cabrini.com.au**

Cabrini

CABRINI CANCER EXERCISE AND WELLNESS CENTRE

REFERRAL FORM – ENROL OR REFER

The Cabrini Cancer Exercise and Wellness Centre provides a comprehensive range of multidisciplinary, evidence-based oncology programs. These programs are goal-orientated and focus on the physical, emotional and social needs of cancer patients and their loved ones. In one location, and overseen by Wellness Co-ordinators, our integrated cancer services offer access to the latest information, peer support, nutritional advice, individually tailored exercise programs, counselling and supportive care needs, to better manage health and wellbeing. Our dedicated and experienced team ensures people with cancer are engaged in their own health behaviours.

For referral queries contact ACCESS Ph: (03) 9508 1700 Fax: (03) 9508 1455 Email: access@cabrini.com.au
For general enquiries contact Wellness Coordinators Ph: (03) 9508 1840 Email: wellnesscoordinator@cabrini.com.au

PATIENT DETAILS

☐ **Self-referral**
Register your interest in participating in one of Cabrini's exercise, education and wellness programs to receive a phone call from our Wellness Coordinators.

☐ **Healthcare referral**

Has the patient consented to this referral? Yes ☐ No ☐	Title: Surname:
	Given name(s):
	DOB:
	Address:
Alternative contact:	Postcode:
Relationship:	Email:
Phone:	Phone:

SERVICE(S) REQUIRED

- ☐ Bladder, bowel and sexual health (pelvic floor physiotherapy)
- ☐ Diet and nutrition
- ☐ Exercise physiology
- ☐ Health psychology
- ☐ Neuropsychology
- ☐ Occupational therapy
- ☐ Physiotherapy
- ☐ Podiatry
- ☐ Rehabilitation physician *
- ☐ Social work
- ☐ Speech pathology
- ☐ Other

SPECIFIC PROGRAM (if known)

- ☐ Breast Cancer Rehabilitation Program (ladies only) *
- ☐ Living Well with Secondary Breast Cancer *
- ☐ General Oncology Rehab Program *
- ☐ Lymphoedema program *
- ☐ Maintenance breast group (ladies only)
- ☐ Therapy in the Home

* Programs requiring a medical referral

REASON FOR REFERRAL

☐ Please tick this box if you would like the patient to be reviewed by Wellness Coordinators and referred onto relevant services as identified.

PRIMARY PHYSICIAN

DIAGNOSIS

RELEVANT MEDICAL HISTORY

HEALTHCARE REFERRER DETAILS *

Name:	
Profession:	Provider number (if relevant):
Phone:	Fax:
Signature:	Date: