

# Cancer Care Support Program

## QUT – RBWH Partnership Program



### What is the Program?

QUT and RBWH partner to offer a group support program combining exercise classes and group health education for people who have completed their active cancer treatment. The program provides lifestyle support for people who have newly completed treatment or are living with the condition longer term, as well as their partner or care support person.

All components of the program are overseen by professional and accredited health practitioners and involve supervised students from the Faculty of Health at QUT undertaking work placement. Health disciplines include dietetics, exercise physiology, psychology, social work and nursing. Clients of the program are also able to access optometry and podiatry.

### What will it involve?

The program runs for 10 weeks and involves:

- an initial assessment to review your current and overall health and wellbeing. It will include health questionnaires, physiological and functional measures (such as a walking test, strength and body composition)
- eight weekly one-hour personalised exercise sessions with one-to-one supervision from a student exercise physiologist
- eight weekly one-hour interactive group education sessions following the exercise session on topics that include diet, understanding transition, self-care and community support
- a final assessment to re-assess overall health and function following the completion of the eight weeks to track improvements and identify areas for ongoing care.



Queensland  
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**QUT** Health Clinics

## Why is this for me?

There are many reasons!

- Many previous participants of group programs have made positive changes and improvements in their health.
- It is a safe and supportive environment to discuss and learn about optimal health and ongoing care from other participants as well as health professionals and students.
- There are monthly follow-up support groups (RECHARGE), which can help you stay on track after the program.

## How much will it cost?

- The initial and final assessments cost \$45 each (\$35 concession). However, with an appropriate Team Care Arrangement referral from your GP with relevant Medicare items for dietitian and exercise physiologist, there may be no out-of-pocket expenses.
- The education component of this group is provided at no cost by QUT.
- The exercise component of this group has a cost of \$95.

## How can I attend?

- If you are an RBWH patient, ask your nurse, dietitian or consultant.
- Call QUT Health Clinics directly on 07 3138 9777 and we can help you.

## Location

- QUT Health Clinics is located in the Kelvin Grove Urban Village at 44 Musk Ave, Kelvin Grove.
- Complimentary undercover parking is provided for clinic appointments. Parking spaces for clients with mobility impairment are available onsite.
- Location maps and transport details are available on the website [www.healthclinics.qut.edu.au](http://www.healthclinics.qut.edu.au)



## Contact Us

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