



ONCOLOGY DAY THERAPY REHABILITATION

at St Vincent's Private Hospital
East Melbourne



**ST VINCENT'S
PRIVATE HOSPITAL**
MELBOURNE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA





What we offer:

- Comprehensive physiotherapy assessment including individualised exercise prescription for before, during or after treatment.
- Walking aid prescription and lymphoedema screening.
- Dietitian services to manage nutritional needs before, during and after treatment.
- Occupational therapy to assist with increasing independence and returning to everyday activities at home and in the community, including a focus on fatigue management and return to work strategies.
- Psychology education and strategies to help you cope with cancer including stress management and how to use relaxation and positivity to improve wellbeing.
- Advice on self-management of chronic, cancer-related conditions.
- Liaison and consultation with external supports for ongoing care and rehabilitation.
- Group program running on Monday and Wednesday afternoons which includes individualised exercise for strengthening and fitness and education sessions on common cancer related concerns, including physical activity, nutrition, fatigue management, emotional wellbeing and sleep.

We encourage families, carers and friends to support you and be part of your rehabilitation journey.

All patients undergoing treatment at St Vincent's Private Hospital Melbourne will be offered the option to participate in this program.

For enquiries, please call the Day Therapy Rehabilitation Centre on (03) 9928 6077 or Oncology Liaison nurse on 0484 294 261.

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May 2018