

HOURS OF OPERATION - ALLIED HEALTH:

Monday to Friday
8.00am – 4.30 pm
Closed Public Holidays

Community Rehabilitation Services (CRS) - a
part of Sub-acute Ambulatory Care Services
(SACS); a Health Independence Program.

LOCATION

Latrobe Regional Health
Allied Health Department
Village Avenue, Traralgon

Endorsed by LRH consumers August 2017
Revised September 2023

Keep Moving
with Cancer

WHAT IS THE KEEPING MOVING WITH CANCER GROUP?

Exercise during and after cancer treatment may have a positive effect on your physical and mental wellbeing.

There is little risk of harm if care is taken and you are supported by professional advice.

Keeping Moving with Cancer is a program for people who have a cancer diagnosis and are able to take part in exercise and education sessions.

Group exercise sessions aim to improve your strength, balance, cardiovascular fitness and mobility. There is also education about ways to improve your function at home and our team will tailor an individual program to your abilities.

Sessions are held once a week and the program runs for eight weeks.

WHAT IS INVOLVED IN JOINING THE PROGRAM?

Before starting the program, you will have an initial assessment with a Physiotherapist. Our Physiotherapists run the exercise sessions with the support of an Allied Health Assistant.

You may also be referred to see other Allied Health services such as:

- Occupational Therapy
- Dietetics
- Social Work
- Speech Pathology
- Prosthetics and Orthotics

- Continence Clinic
- Falls and Balance Specialist Clinic
- Pain Clinic

HOW MUCH DOES IT COST TO ATTEND?

The program is free of charge.

WHEN ARE THE SESSIONS?

Keeping Moving with Cancer is held on Thursday from 11 am - 12:30 pm in the Allied Health department at Latrobe Regional Health.

WHAT IF I CAN'T ATTEND?

We appreciate at some point you may be unwell or have other appointments to attend. Please let our team know if you are unable to attend Keeping Moving with Cancer.

HOW CAN WE ASSIST YOU?

- Do you need an interpreter? We can arrange one at no cost to you.
- You may be eligible for transport if you have no way to get to exercise sessions. Please check your eligibility with the Allied Health team. We encourage you to explore all options first such as friends and family, or public transport.

