

Cancer Information for Patients, Family and Friends

Contact

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Aboriginal Corporation**
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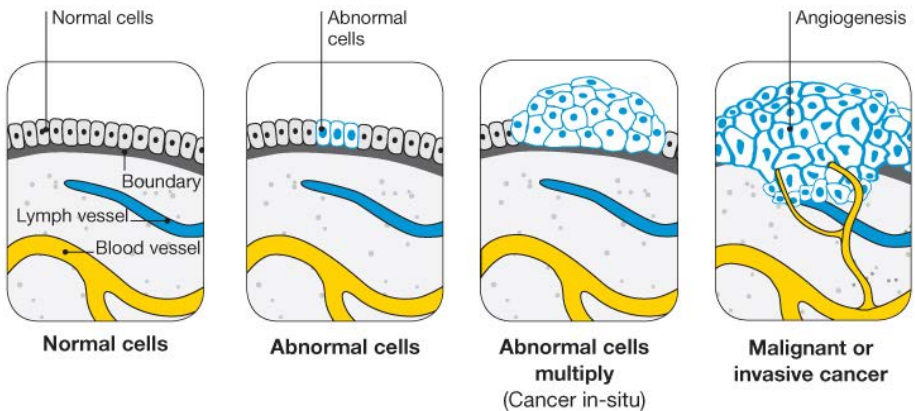
“Improving Aboriginal Health and Closing the Gap.”

What is Cancer?

Cancer is a disease of the cells, which are the body's basic building blocks. The body constantly makes new cells to help us grow, replace worn-out tissue and heal injuries. Normally, cells multiply and die in an orderly way.

Sometimes cells don't grow, divide and die in the usual way. This may cause blood or lymph fluid in the body to become abnormal, or form a lump called a tumour. A tumour can be benign (*non-cancerous*) or malignant (*cancerous*).

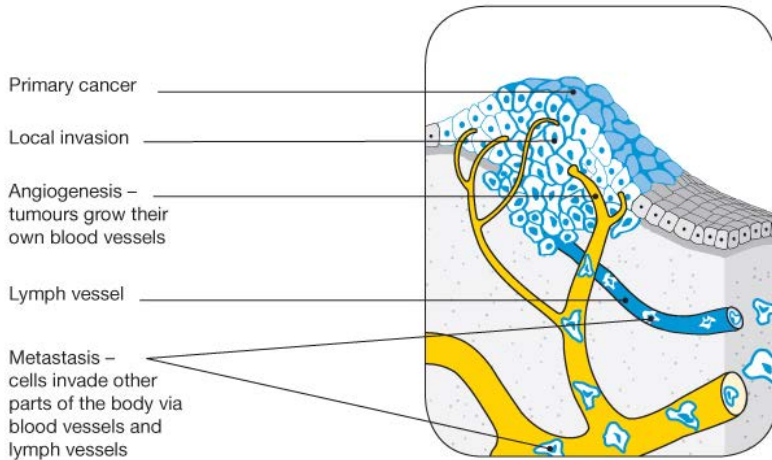
How cancer starts



How is cancer treated?

Your treatment will depend on several factors, including the type of cancer you have, where it began and whether it has spread to other parts of your body. It will also depend on your general health and the type of treatment you choose and are prepared to have.

How cancer spreads



Treatments for cancer include:

According to information from the Cancer Council (www.cancercouncil.com.au) treatments include:

surgery – removing the cancer from your body

radiotherapy – using radiation to kill or damage cancer cells in body

chemotherapy – giving drugs to a patient to destroy cancer cells or to patients sensitive to radiation

immunotherapy – giving antibodies or vaccines to help the patient's immune system fight cancer cells

hormone therapy – using drugs to reduce or block the effect of hormones that cause some cancer cells to grow.

Many cancers can be treated using these methods, either alone or in combination.

Aboriginal Liason Officers



The Flinders Medical Centre and Royal Adelaide Hospital in Adelaide, South Australia both employ Aboriginal Liaison officers (ALOs). ALOs are employed to ensure Aboriginal and Torres Strait Islander people have access to health care services and to increase cultural awareness and sensitivity. ALOs also provide support to patients attending assessments.

The Flinders Medical Centre at Bedford Park has an Aboriginal Health Unit called Karpa Ngarrattendi. The unit provides emotional, social and cultural support to Aboriginal and Torres Strait Islands patients and their families who use the hospital. Above is a photo of the ALOs who work at Flinders Medical Centre.



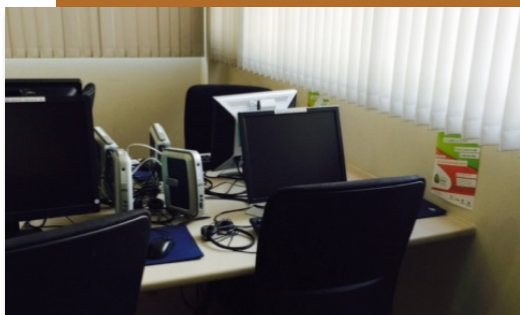
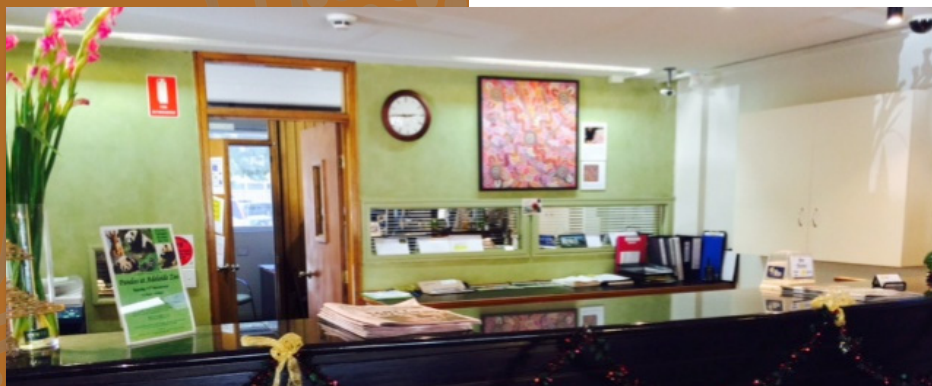
The Royal Adelaide Hospital in Adelaide, South Australia also has an Aboriginal and Torres Strait Islander Unit where ALOs are employed. They provide support to patients and can assist with transport and accommodation arrangements for patients and their escorts. Above are photos of the Aboriginal and Torres Strait Islander Unit at the Royal Adelaide Hospital and the ALOs who work there.

Cancer Council Lodges



Cancer Council SA deals with every kind of cancer in every way, including supporting people travelling to Adelaide for cancer treatment.

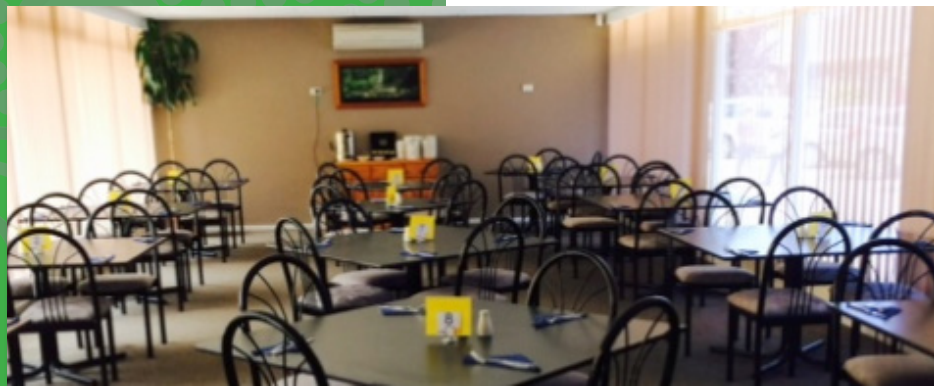
Cancer treatment presents special challenges to people from rural and remote areas. Cancer Council SA owns and operates two motels, Cancer Council Lodge - Greenhill and Cancer Council Lodge - Flinders. They aim to provide accommodation in a warm, welcoming and friendly environment so that guests can feel at home during their time in Adelaide. Transport is available to and from the Cancer Council Lodges.



Flinders Lodge

Address: 27 Dequetteville Tce
Kent Town, SA 5067

Phone: (08) 8291 4400





Greenhill Lodge

Address: 204 Greenhill Rd
Eastwood SA 5063

Phone: (08) 8291 4200

Aboriginal Hostels Limited

There are three Aboriginal Hostels in Adelaide: Mulgunya, Luprina and Nindee. The hostels offer a place to stay, three healthy meals each day, laundry facilities and a safe and comfortable environment for Aboriginal and Torres Strait Islander people. Both hostels are close to the Royal Adelaide Hospital (approximately a 10 - 15 minute drive).





Payment for hostels is required upfront. If you are unable to make an upfront payment, please contact Maari Ma Health on (08) 8082 9777 for assistance.

Mulgunya Hostel

Address: 55 Dew St
Thebarton SA 5013

Phone: (08) 8234 2488

Luprina Hostel

Address: 2 Clements St
Dudley Park SA 5008

Phone: (08) 8269 5254

Kanggawodli Caring House

Kanggawodli is an Aboriginal-managed Health Service that provides primary care, clinical care and cultural support in a residential setting for rural and remote Aboriginal people who are in Adelaide for specialist care.



The patient and their family (up to a maximum of one other adult and two children) can stay at Kanggawodli Caring House. The house is child friendly with a number of facilities available. Adults in the family group are responsible for the children in the group.

For more information please contact Kanggawodli Caring House.

Address: 16-22 Clements Street

Dudley Park SA 5008

Phone: (08) 8342 2250



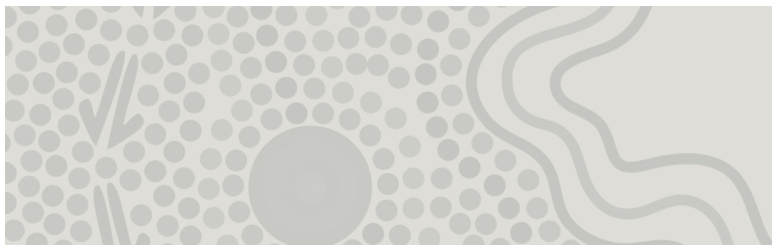
Leukaemia Foundation



The Leukaemia Foundation opened an accommodation facility in South Australia in 2013 called the Bridgestone Australia Leukaemia Foundation Village—Northfield.



The village consists of apartments, as well as recreational facilities including a games room, gym and children's play area. It is approximately a 15 minute drive to the Royal Adelaide and the Women's & Children's Hospitals.





Address: 39 Folland Ave
Northfield SA 5085
Phone: Freecall 1800 620 420



Royal Adelaide Hospital

The Royal Adelaide Hospital offers cancer treatment in their Cancer Centre. The Royal Adelaide Hospital Cancer Centre provides a service for bone marrow transplant, adult haemophilia and bleeding disorders as a part of the Haemophilia Treatment Network and public radiotherapy - either on site at Royal Adelaide Hospital or through the Lyell McEwin Hospital. The Cancer Centre treats patients from Broken Hill as part of their outreach programs.

Transport via a corporate shuttle is available from the airport to the Royal Adelaide Hospital and/or to accommodation. Maari Ma Health can organise this for you prior to your visit to Adelaide.

Below are some pictures of the radiation treatment room. A map showing the location of the Royal Adelaide Hospital is also provided on page 22.





Isolated Patients Travel and Accommodation Assistance Scheme (IPTAAS)

The Isolated Patients Travel and Accommodation Assistance Scheme (IPTAAS) provides financial assistance for eligible people who are required to travel long distances for specialist medical appointments.

Assistance provided through IPTAAS will depend on your medical needs. IPTAAS will only cover part of your travel and accommodation required for medical reasons and claims must be certified by a medical specialist. In some cases, payments can be made before you travel.

In some cases, IPTAAS will provide subsidies for an escort/carer to travel with you

to your appointment. Your referring doctor or specialist must verify that an escort/carer is required for medical reasons. Escorts/carers who travel with patients aged 17 years and under do not require prior approval.

Please contact administration staff at Maari Ma Health on (08) 8082 9777 about how to make an IPTAAS claim. Our staff will be able to help you complete your IPTAAS forms and in some cases Maari Ma Health is able to cover the outstanding cost for travel and accommodation.

Transport

If you are staying at one of the Cancer Council lodges, Kanggawodli or the Leukaemia Foundation you must ensure that your transport has been booked in advance as there are new fees associated with transport. There are two types of transport packages available; one is for extended stays and one is for a day trip. Please speak to a Maari Ma staff member for specific details.



General Information

- ✓ *If you are staying at a Cancer Council lodge, you will need to purchase your own food or pay for meals which are provided by the lodge.*
- ✓ *Make sure you bring your signed IPTAAS forms with you as you will need proof of your condition/treatment to stay at a Cancer Council lodge.*
- ✓ *You may need to purchase some medications or creams which are not covered by the PBS and may not be provided by the hospital.*
- ✓ *Maari Ma Health can support you before and after your cancer treatment by providing home visits if you are too unwell to visit the Primary Health Care Service, providing transport locally for appointments and providing mental health support for you and your family.*

***Please contact us on (08) 8082 9777
to find out how we can assist you.***

Other Local Support

Sandra Turley is the Cancer Care Coordinator at the Broken Hill Health Service. Please feel free to contact her if you have any queries relating to cancer care.

E-mail: sandra.turley@health.nsw.gov.au

Mobile: 0427064367

Landline: (08) 8080 1197

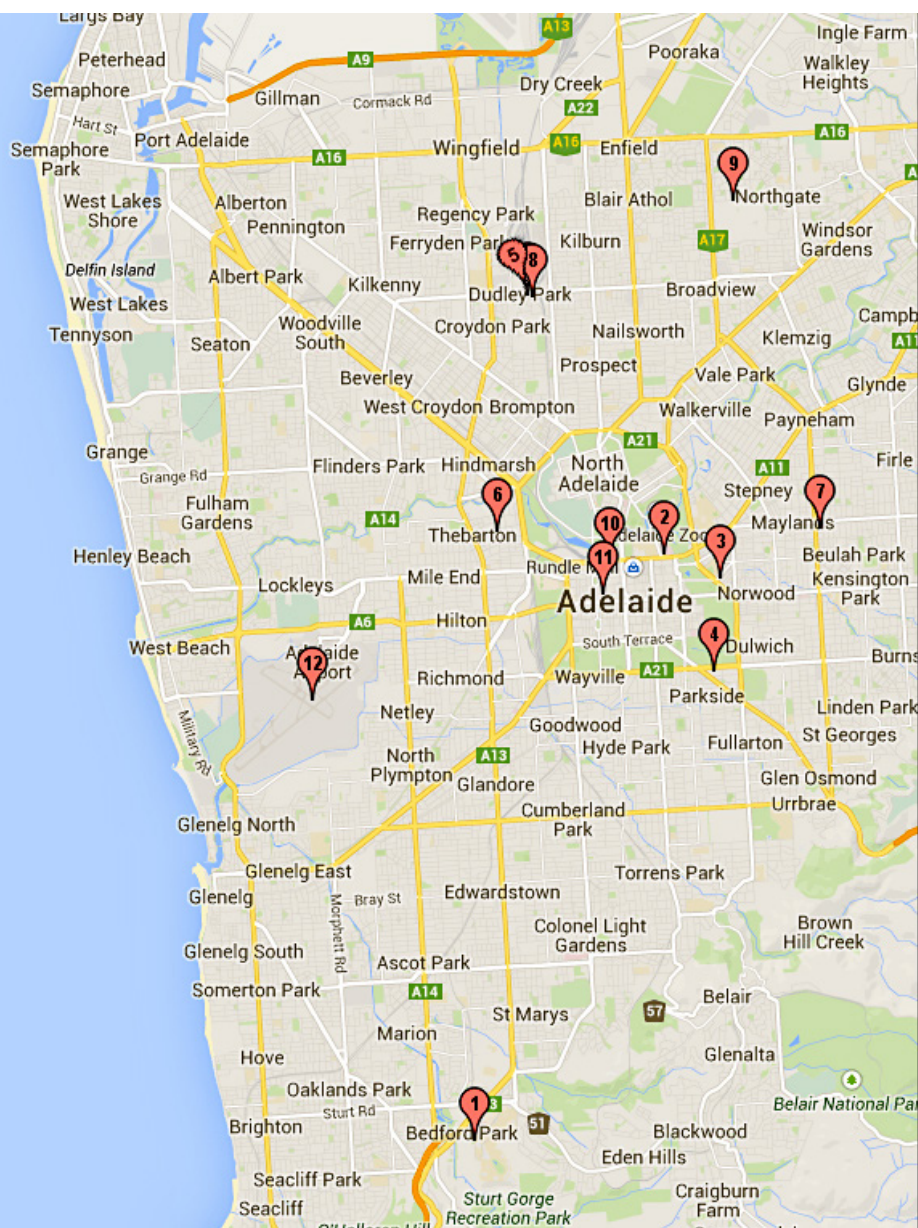














What to take with you when travelling for treatment or medical appointments:

The following checklist will help you organise what you need to pack when visiting any of the healthcare services featured in this booklet:

- ✓ Referrals
- ✓ X-rays/scans
- ✓ List of current medications
- ✓ Medication (including travel sickness pills, if necessary)
- ✓ Medicare, pension, health care, veterans affairs, pharmaceutical safety net cards
- ✓ Photo identification such as your driver's license or passport (especially important if you're travelling by bus or air)
- ✓ Plane/bus ticket
- ✓ Cab charge cards
- ✓ Important contact phone numbers (for family and friends)
- ✓ Money/keycard
- ✓ Hospital admissions paper work
- ✓ IPTAAS form (completed by your local GP)
- ✓ Private health insurance details
- ✓ Notes/letters/reports from your doctors
- ✓ Toiletries
- ✓ Clothes
- ✓ Pyjamas/dressing gown/slippers
- ✓ Reading material, radio, MP3 player, laptop
- ✓ Glasses, walking aids etc. if required
- ✓ Front loader washing machine powder if you're staying at one of the Cancer Council Lodges

Map of Adelaide



| | | |
|---|--------------------------|--|
|  | Flinders Medical Centre | Flinders Drive Bedford Park SA 5042 |
|  | Royal Adelaide Hospital | Royal Adelaide Hospital North Terrace Adelaide SA 5000 |
|  | Flinders Lodge | 27 Dequetteville Terrace Kent Town SA 5067 |
|  | Greenhill Lodge | 204 Greenhill Road Eastwood SA 5063 |
|  | Luprina Hostel | 2 Clements Street Dudley Park SA 5008 |
|  | Mulgunya Hostel | 55 Dew Street Thebarton SA 5031 |
|  | Nindee Hostel | 2 Oban Street Beulah Park SA 5067 |
|  | Kanggawodli Caring House | 16 Clements Street Dudley Park SA 5008 |
|  | Leukaemia Foundation | 39 Folland Avenue Northfield SA 5085 |
|  | Adelaide Railway Station | 125 North Terrace Adelaide SA 5000 |
|  | Adelaide Bus Station | 85 Franklin Street Adelaide SA 5000 |
|  | Adelaide Airport | 1 James Schofield Dr Adelaide SA 5950 |

Important Locations



Maari Ma Health Aboriginal Corporation

www.maarima.com.au