

Boost

Cancer Rehab Programme

Delivered in partnership by
PINC & STEEL and Active+

Every day in New Zealand, 63 people are diagnosed with cancer. Although more and more people survive, the impact of cancer is significant.

Cancer affects an individual's physical, emotional and social wellbeing; their family life; and their ability to work. People also experience unwanted side effects from treatment. Every person's experience of cancer is different.

It is recognised that following a cancer diagnosis, people often follow a comprehensive treatment plan that is meeting their medical needs. However, there can be limited support to assist cancer survivors overcome psychosocial and treatment challenges, to maximise recovery and wellbeing.

Boost Cancer Rehab Programme

Boost takes a holistic approach to cancer rehabilitation. The individual meets with an accredited cancer rehabilitation physiotherapist who completes an initial assessment and considers the individual's physical and psychosocial functioning using validated tools.

Together, the individual and physiotherapist develop a **Care Plan** including services that will help 'boost' the customer's recovery.

Services in the cancer recovery toolkit include:

- Tailored exercise rehabilitation
- Physiotherapy
- Psychological support
- Nutrition advice
- Pain management
- Fatigue management
- Return to work support
- Community-based social support



The **Boost** programme is designed to complement treatment and health services that are already in place. Our Key Worker coordinates the **Care Plan** and communicates with all stakeholders.

The programme is suitable for customers with all types of cancer diagnoses. It is recommended that customers are referred as early as possible, to maximise tailored support.

Key elements of the programme include:

- ✓ An evidence-based approach to cancer recovery, with core components of exercise and return to work support
- ✓ Regular progress updates
- ✓ Multidisciplinary case conferencing to ensure optimum service delivery and communication
- ✓ Outcome measurement through re-assessment of physical and biopsychosocial function
- ✓ Stepped care approach, offering the right service at the right time
- ✓ Care Plans tailored to meet individual needs

Eligibility criteria:

- Client is ready to participate (motivated)
- Client requires/requests help to RTW
- Client was working prior to diagnosis
- Client can already be working part-time
- Client can be participating in treatment

Making a referral

Individuals diagnosed with cancer can be referred through to Boost Cancer Rehab Programme via email on **headoffice@activeplus.co.nz**.

For further information on the programme, or to discuss whether Boost is right for a particular customer, please contact Lou James, Clinical Service Manager on **lou.james@boostcancerrehab.co.nz**

Referrals can also be submitted securely online at **www.activeplus.co.nz/boost-referral-form/**

Boost Cancer Rehab Programme is delivered in partnership by PINC & STEEL and Active+



PINC & STEEL

PINC and STEEL have been developing, implementing and supporting certified training programmes to physiotherapists and occupational therapists world-wide since 2005. Developed here in New Zealand, our programmes are dedicated to improving the strength, quality of life and well-being of women and men following a cancer diagnosis.



Active+

Active+ have a long history of providing multi-disciplinary holistic programmes in the community. Our nationwide network of experienced and expert providers have a proven track record in providing outcome-led assessment of clients that encompasses all aspects of a meaningful life, including return to work and independence, psychosocial and physical factors.