



# RESOURCES FOR PEOPLE WHO ARE CARING FOR SOMEONE WITH BREAST CANCER: INFORMATION AND SUPPORT

## FACT SHEET

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This fact sheet was produced by Breast Cancer Network Australia

This fact sheet provides a list of resources and organisations to help support you in your role as carer.

### **Breast Cancer Network Australia (BCNA)**

BCNA provides a range of information resources on breast cancer treatment and care, as well as free one-on-one counselling support to the families and friends of those with metastatic breast cancer. BCNA can also connect you with a support group in your area.

#### **BCNA online network**

BCNA's online network is a space for sharing tips, asking questions and sharing experiences about supporting someone with breast cancer and looking after your own wellbeing. There are specific spaces for people caring for those with breast cancer to connect.

#### **BCNA fact sheets and booklets**

BCNA's fact sheets and booklets cover a variety of topics on breast cancer treatment and care, including breast cancer pathology, hormone therapy, menopause, hair loss, lymphoedema, sexual wellbeing, and the practical and financial issues relating to breast cancer, such as patient assisted travel schemes, lymphoedema compression garment subsidies, and travel insurance.

Call 1800 500 258 or visit [bcna.org.au](http://bcna.org.au).

#### **Information resources**

***'I wish I could fix it': Supporting your partner through breast cancer:***

[Breast Cancer Network Australia](#)

This booklet has information for partners of people diagnosed with breast cancer in the last 12 months.

To download a copy, visit BCNA's [Order BCNA information booklets](#) page or call 1800 500 258 to order a copy.

#### ***Helping a friend or colleague with breast cancer***

[Breast Cancer Network Australia](#)

This booklet has useful tips and advice on providing support, from women who have been diagnosed with breast cancer.

To download a copy, visit BCNA's [Order BCNA information booklets](#) page or call 1800 500 258 to order a copy.

#### ***Caring for Someone with Cancer***

[Cancer Council Victoria](#)

This booklet aims to support carers in their roles. It addresses common emotions and feelings that carers might experience, and outlines practical tips on how to balance the demands of caring, family, work and carers' own needs.

To download this booklet, visit Cancer Council Victoria's [Caring for Someone with Cancer](#) page or call 13 11 20 to find out if the Cancer Council in your state can send you a hard copy.

#### ***Cancer Care and Your Rights: A guide for people with cancer, their families and friends***

[Cancer Council NSW](#)

This booklet outlines what people diagnosed with cancer and their carers can reasonably expect of the health care system and their treatment team. It also includes some basic information about insurance and workplace rights, and practical issues such as paying for treatment, finding a specialist, carer rights, and accessing community services.

To download this booklet, visit the Cancer Council NSW [Cancer care and your rights](#) page or call 13 11 20 to find out if the Cancer Council in your state can send you a hard copy.

#### ***Caring for a cancer survivor: tips for coping***

[Australian Cancer Survivorship Centre](#)

Breast Cancer Network Australia





This fact sheet provides helpful tips on coping with the impact of caring for someone with cancer.

To download this fact sheet, visit the Australian Cancer Survivorship Centre [Caring for someone with cancer](#) page.

***Be There for Someone Facing Cancer: A short guide to help make sure no one faces cancer alone***

[Macmillan Cancer Support](#) (UK)

When someone you care about is diagnosed with cancer it can be hard to know what to say or do. This guide is full of advice about how you can help make sure they don't have to go through it alone.

To download this booklet, visit the Macmillan Cancer Support's [Caring for someone with cancer](#) page.

***Looking after someone with cancer***

[Macmillan Cancer Support](#) (UK)

This guide gives tips on how carers can look after themselves while supporting and looking after someone with cancer.

To download this booklet, visit the Macmillan Cancer Support's [Caring for someone with cancer](#) page.

***Talking to kids about cancer***

[Cancer Council Victoria](#)

This is a comprehensive booklet on talking to children about cancer. The booklet includes information on helping children of different age groups including toddlers, younger children and teenagers. The booklet also includes suggested words that you can use to explain cancer to children of different age groups.

To download this booklet, visit the [Talking to Kids About Cancer](#) page or call 13 11 20 to find out if the Cancer Council in your state can send you a copy.

***Aboriginal Cancer Journeys***

[Cancer Council NSW](#)

This book contains stories from Aboriginal people affected by cancer. It includes personal insights and words of wisdom so Aboriginal people can get an insight into other people's experience of cancer.

To download this booklet visit the [Aboriginal Cancer Journeys](#) page or call 13 11 20 to order a copy.

***Aboriginal Carers Support Guide***

[Carers NSW](#)

This guide contains information for Aboriginal families who are caring for an older person or someone with an illness or disability. It contains information on available services as well as strategies for coping.

To download this guide, visit the Carers NSW website [carersnsw.org.au](#) or call (02) 9280 4744 for a free copy.

**Information and support services**

**Carer Gateway**

Carer Gateway is a new national service funded by the Australian Government. Carer Gateway includes a website and phone service for carers to access practical information and support.

Visit the Carer Gateway website [carergateway.gov.au](#) or call 1800 422 737.

**Carers Australia**

Carers Australia is the national peak body representing Australia's carers. The Carer Advisory Service provides information and advice to carers and their families about carer supports and services.

Visit the Carers Australia website [carersaustralia.com.au](#) or call 1800 242 636.

**Young Carers Australia**

Young Carers Australia provides information and support for young carers, including confidential counselling by telephone.

Visit the Young Carers Australia website [youngcarers.net.au](#) or call 1800 242 636.

**Cancer Council**

Cancer Council has a free, confidential telephone information and support service in each state and territory. Anyone can call Cancer Council – people diagnosed with cancer, their families, carers and friends, as well as teachers, students and healthcare professionals.

Call 13 11 20.



### **Cancer Connections (Cancer Council Australia online community)**

Cancer Council also provides online support through Cancer Connections, an online community where you can ask questions and participate in groups, forums and blogs.

Visit the [Online community](#) website or call 13 11 20.

### **CanTeen Australia**

CanTeen Australia is the national support organisation for young people (12–24 year olds) affected by cancer, which includes young people who have had an immediate family member (brother, sister, parent or primary carer) who has been diagnosed with cancer.

Visit the CanTeen Australia website [canteen.org.au](#) or call 1800 226 833.

### **Beyondblue**

beyondblue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Visit the beyondblue website [beyondblue.org.au](#) or call 1300 22 4636.

### **Information and support services for lesbian, gay, bisexual and transgender (LGBT) communities**

#### **Australian Lesbian Medical Association (ALMA)**

ALMA provides a list of health professionals who are recommended by lesbian and bisexual women.

Visit the ALMA website [almas.org.au](#).

#### **The National LGBTI Health Alliance**

Provides information on organisations and individuals that provide health-related programs and services focused on lesbian, gay, bisexual, transgender, and intersex people (LGBTI) and other sexuality, gender, and bodily diverse people and communities.

Visit [lgbtihealth.org.au](#) or call (02) 8568 1123.

#### **ACON (NSW)**

ACON is a NSW-based organisation that promotes the health and wellbeing of members of the gay, lesbian, bisexual and transgender community.

ACON provides support to women with cancer who are in same-sex partnerships.

Visit the ACON website [acon.org.au](#) or call 1800 063 060.

#### **Switchboard Victoria Inc (Vic)**

Switchboard Victoria Inc is a community-based not-for-profit organisation that provides a peer-based, volunteer-run support service for lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI) people and their friends, families and allies.

Switchboard also runs the social support service for older LGBTQI Victorians called [Out & About](#).

Visit the Switchboard Victoria Inc website [switchboard.org.au](#) or call 1800 184 527.

#### **Living Proud Inc (WA)**

Living Proud Inc (formerly Gay & Lesbian Community Services of WA Inc) provides support, information and resources to the Western Australian gay, lesbian, bisexual, transgender and intersex community, including a peer counselling phone line, and health and wellbeing initiatives.

Visit the Living Proud Inc website [livingproud.org.au](#) or call (08) 9486 9855.

### **Information and support services for culturally and linguistically diverse carers**

State and territory **Carer Associations** offer a range of translation services, information and support for carers from a culturally and linguistically diverse background.

Visit the Carers Australia [State and territory Carers Associations](#) page or call 1800 242 636.

### **Counselling services**

#### **Lifeline Australia**

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to free, 24-hour crisis support and suicide prevention services.

Visit [lifeline.org.au](#) or call 13 11 14.



### **Kids Helpline**

Kids Helpline is Australia's only free, confidential, 24/7 phone and online counselling service for young people aged up to 25 years old.

Visit [kidshelpline.com.au](http://kidshelpline.com.au) or call 1800 55 1800.

### **Relationships Australia**

Relationships Australia offers relationship counselling as well as other counselling services. Most of the counselling services are face-to-face, but there are also some online and telephone counselling services for people in remote areas (in some states only).

Visit [relationships.org.au](http://relationships.org.au) or call 1300 364 277.

### **MensLine Australia**

MensLine Australia is a professional telephone and online support and information service for Australian men.

Visit [mensline.org.au](http://mensline.org.au) or call 1300 789 978.

### **Carers Australia National Carer Counselling Program**

The National Carer Counselling Program provides short-term counselling services specifically for carers and can assist you with coping skills, facilitating, where appropriate, the continuation of the caring role.

Visit [carersaustralia.com.au](http://carersaustralia.com.au) or call 1800 242 636.

### **Qlife**

Qlife is a national counselling and referral service for people of diverse sex, genders and sexualities. Qlife also provides online chat (3.00 pm – 12.00 am daily).

Visit [qlife.org.au](http://qlife.org.au) or call 1800 184 527.

### **Financial and practical assistance**

#### **The Department of Human Services (Centrelink)**

The Department of Human Services supports carers financially and practically through various schemes, including Mobility Allowance, Carer Payment, Carer Allowance, and Sickness Allowance

Visit the Department of Human Services [Carer Payments](#) page, call 132 717 or visit your nearest Centrelink office.

### **Commonwealth Respite and Carelink Centres**

Commonwealth Respite and Carelink Centres (CRCCs) provide access to information, respite care and other support appropriate to carers' needs and circumstances, and the needs of the people they care for. CRCCs provide free and confidential information on local carer support, disability and community services.

Call 1800 052 222 during business hours or 1800 059 059 for emergency respite support outside of business hours.

### **Help in the home**

Some local councils provide a range of community and in-home services, such as Meals on Wheels or respite care. Call your local council to find out more information about what is available locally.

### **Independent Living Centres Australia**

Independent Living Centres Australia offers advice on a range of products and services to help with aspects of day-to-day living, including mobility, sleeping, eating and transport.

Visit the [Independent Living Centres Australia](http://Independent Living Centres Australia) website or call 1300 885 886.

### **National Debt Helpline**

National Debt Helpline is a not-for-profit service that helps people tackle their debt problems. The professional financial counsellors offer a free, independent and confidential service.

Visit the National Debt Helpline website [ndh.org.au](http://ndh.org.au) or call 1800 007 007.

### **Cancer Council Australia**

Cancer Councils in each state and territory offer a range of support and services during and after treatment, including financial counselling and assistance schemes, accommodation options, travel assistance and practical assistance, such as home help. Eligibility criteria apply.

For more information on what is available in your state or territory, call Cancer Council on 13 11 20.