



Breast Cancer Care WA provides a supportive care service for those affected by breast cancer. It recognises that individuals have differing needs and therefore require different levels of response (Fitch 2008). The supportive care provision uses evidence-based practices to address the unmet needs of the individual or family and this may require liaison, collaboration or referral to another agency.



## Specialist breast care nurses

Specialist Nursing support for those diagnosed with breast cancer and their carers/ families where the client does not have access to a Breast Care Nurse

- Provide relevant information
- Navigation of the health care system
- Understand diagnosis and treatment options
- Assessment and management of disease symptoms and side-effects of treatment
- Advocacy
- Promotion of self care

(Ref: McGrath Model Of Care for Breast Care Nursing in Australia 2020

Optimal Care pathway for people with breast cancer 2021

eviQ Guidelines. NSW Government (2019). Retrieved from <https://www.eviq.org.au/>)



## Professional counselling

Professional counselling support and assistance to address emotional and family distress related to breast cancer:

- Anxiety - fear, dread, panic, phobias and uneasiness;
- Depression, extreme sadness, isolation, despair, hopelessness and grief;
- Adjustment – family relations , altered body image, sexuality, cognitive function
- Traumatic symptoms or side effects;
- Living with Uncertainty
- Existential fears
- Talking with their children
- Support to address social isolation, quality of life and Relationships (related to breast cancer)



## Monthly support groups

Peer support groups help participants to feel less distressed, less alone and more optimistic about the future. Our groups offer participants the opportunity to meet, connect, share their experiences and support one another on a regular basis in a safe and supportive environment.

- Meet monthly
- Open groups that are facilitated by professional counsellor
- Participants must register and are assessed for suitability (realistic expectations and adherence to group guidelines).

Online groups welcome rural participants and currently include:

- Primary Breast Cancer (all ages)
- Primary Breast Cancer for young women (20-45)
- Metastatic breast cancer (all ages)
- Metastatic breast cancer for Young Women (20-45)

(Ref: Cancer Australia (2019). Cancer support groups: A guide to setting up and maintaining a group. Cancer Australia: Canberra; Yalom Irvin D. 2005; Theory and Practice of Group Psychotherapy, (5th Edition), Basic



breast cancer  
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Everyone's breast cancer support service.



## Therapeutic Workshops

Our workshops are developed and delivered by suitably trained facilitators including:

- Calming the Stress Response;
- Mindful Clay Therapy;
- Creative Self-care (Art Therapy);
- Embracing Uncertainty;
- Bringing Values to Life;
- Treasured Tales (Legacy);
- Advanced Care Planning.



## Financial hardship support

For those experiencing financial hardship as a result of their breast cancer we can offer limited short term relief through:

- Breast Cancer Care WA financial assistance of \$500;
- CCWA financial assistance \$350;
- Prosthesis upfront payment (loan until Medicare approves rebate);
- WA Charity Direct application support
- Help to access CCWA pro bono support - legal advice, financial planning, accounting, workplace advice, access to insurance and superannuation; and
- Liaison with external agencies.



## Practical support

This can include support with cleaning, gardening, childcare and transport to appointments where they do not have family or friends to assist.

Liaison with social workers to access support from external agencies where eligible e.g. ACAT, NDIS, local government.



## Living Well

- Managing your Survivorship Care plan.
- Mindfulness based Breast Cancer Recovery online program - piloted in 2022. Seeking funding support to continue.
- Therapeutic Workshops as listed above
- Yoga

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