Reconditioning Oncology Program

Calvary Community Rehabilitation

Assists people undergoing treatment for cancer to improve their functional ability and quality of life through a program of exercise, education, social support and meditation.

In the tradition of the Sisters of the Little Company of Mary with the values of Hospitality, Healing, Stewardship and Respect.
What does the program involve?

The Reconditioning Oncology program includes the following educational sessions:

- Fatigue management and pacing
- Goal setting
- Diet and nutrition
- The benefits of exercise
- Psychological impact of cancer
- Complementary therapies
- Meditation

Assessment
Prior to commencing the Reconditioning Oncology program, patients undergo an individualised assessment with a Rehabilitation Physician, Physiotherapist and Clinical Psychologist. Achievable goals are established and an individualised exercise program is developed by a Physiotherapist.

Who is eligible?
Patients with private health insurance.

How often are sessions held?
The program consists of two sessions per week for 6 weeks.

How do I get a referral?
Referrals are accepted from Oncologists, Haematologists, other medical specialists and General Practitioners.
Where are the sessions held?

Sessions are held at Calvary Community Rehabilitation, 42 North East Road, Walkerville (on the opposite side of the road to the ABC building). Parking and entrance is at rear of the building off Fuller Street and disabled parking is available.

How to contact us

Please contact 8269 1450 to speak with our Ambulatory Coordinator for more information about the program and the referral process.