

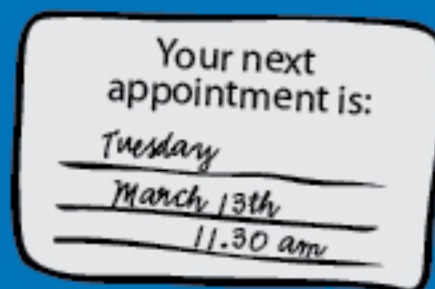
Where to stay

If you live in a rural or remote area you may need to stay in the city for many weeks while you are having treatment.



Your local health service can help arrange accommodation and/or transport if needed.

Appointments



- use your appointment card so you know when to see your doctor
- write down any questions and ask the doctors or nurses
- talk to your local health service or Aboriginal Health Worker if you need to confirm or change appointments.

Staying in hospital

If you have to stay in hospital for a while:

- phones are available (you will need to buy a phone card)
- mobile phones can be used
- televisions are available (there is a cost to the patient).



Visitors can help you get better by:

- washing hands
- not visiting you in hospital if they are sick.



Talk to the Aboriginal Hospital Liaison Officer or nurses if you have any problems.

What to bring with you from home

Put your name on all items and do not bring anything valuable.

X-rays



contact details of your doctor, health service, next of kin or carer



clothing



Patient Travel Assistance Scheme paperwork



toiletries

referral (letter) from doctor or health service



- driver's license
- health care card
- pension card
- Medicare card
- key card or bank book



- money
- BasicsCard



water



medicines

Cancer Healing Messages

for Aboriginal and Torres Strait Islander people
visiting medical services in
South Australia



Australian Government
Cancer Australia



What might happen if you are diagnosed with cancer



- depending on where you live you may need to travel for treatment
- if you live in a rural or remote area you may need to go to a hospital in the city
- you may need to stay in the city for many weeks
- you may want a support person to travel with you - tell your support person that they may have to stay in the city for a long time as well
- if you live in a rural or remote area talk to your local health service about transport and/or accommodation
- always ask for an interpreter if you need one.



oncology ward



How is cancer treated?

Your doctor will talk to you about what treatment is best for you.

Some treatments are:

- an operation
- medicine (chemotherapy)
- a type of X-ray (radiotherapy).



How will the treatments make you feel?

Some treatment may make you feel sick or lose your hair – this does not happen to everyone.

Everyone is different and it depends on your treatment and how your body reacts.



feeling sick



skin rashes



feeling tired



losing hair

Who can help?

- Aboriginal Hospital Liaison Officers
- hospital social worker
- nurses looking after you
- doctors treating you
- family and friends
- Cancer Council Helpline 13 11 20 (cost of a local call)
- talk to your local health worker or health service if you are concerned about being away from home.



 **Cancer Council
Helpline
13 11 20**



Taking care of yourself while you are having treatment

- get plenty of rest when you are tired
- eat healthy food like fruit and vegetables, bush tucker (small amounts often may help)
- drink water and tea without sugar
- stop or cut down smoking
- don't drink alcohol/grog
- do gentle exercise like walking
- talk to your family and friends
- talk to your doctor, Aboriginal Hospital Liaison Officer or nurse if you don't feel well.



 **Quitline®
13 7848**