

## A rehabilitation program to support your return to wellness and work

IPAR is a national occupational rehabilitation provider. We help people to recover after illness or injury and return to good health and work.

Having assisted many people through cancer, we understand the significant impact it can have on you and your family. To ensure you receive the best possible support through this journey, we have teamed up with Monash University and Cancer Council NSW to develop 'Beyond Cancer'.

Beyond Cancer is a program offered to people like you who are living with cancer. It aims to reduce the impact of symptoms, enhance wellness and help you to successfully resume working.

### Sue's experience with Beyond Cancer

Sue is a teacher. She resigned from work soon after being diagnosed with breast cancer. Sue participated in all components of Beyond Cancer, including Positivum™ health coaching, exercise physiology and return to work planning. IPAR assisted her to obtain a placement as an ESL (English as a Second Language) teacher. This role allowed her to make a gradual return to work, with reduced hours and cognitive demands consistent with her recovery needs. For Sue, the transition back to work was a positive one. It heralded a return to 'normal' life and improved quality of life and wellbeing.

### What is Beyond Cancer?

Beyond Cancer is an evidence based, holistic rehabilitation program, which is specifically tailored to each person's unique needs. It includes:

- An assessment to identify current life challenges
- Education in symptom management
- Health management training (for example, managing stress, increasing resilience and managing pain)
- Exercise Physiology
- Return to work planning
- Engagement with your workplace, when you feel the time is right



Industry partner



Research partners



Research evaluation funder



## What can I expect?

### Initial phase:

1. You will meet with an IPAR consultant who has undergone specific training, including with the Cancer Council. The consultant will assess your current function and needs.
2. Together you will determine the support most relevant to you at this point in time.

### Tailoring Beyond Cancer to you:

3. You will participate in tailored sessions with your IPAR consultant focusing on techniques to improve your health management, function and build up your activity levels. This may include sessions with an Exercise Physiologist.
4. When the timing is right, you and your IPAR consultant can discuss returning to work and the steps that may help you get there.

## Why have I been offered this program?

You are at an ideal stage to begin to build activity levels and your readiness to work.

The important thing to remember is to focus on feeling well, building up your activity levels and gradually returning to work.

### Is participation compulsory?

Feel free to speak with your treaters about participating, or perhaps just give it a go. If you do decide to participate, you can stop at any time. The program is not compulsory.

International studies have shown that the earlier you start this type of rehabilitation program, the quicker you will be feeling more like your usual self.

### What does the program cost?

There is no cost to you as the program cost is covered by your Life Insurer.



*Positivum™ is an online assessment that helps to identify what support you might need via the Beyond Cancer program.*

## Future outcomes

IPAR, along with Monash and Curtin Universities, have received funding from the National Breast Cancer Foundation to evaluate the Beyond Cancer program. This means that you will be asked whether you are happy for your de-identified information to be provided to the researchers so that they can better understand how Beyond Cancer has helped you, or how it can be improved, and how it can help others.

Your IPAR consultant will discuss this with you.

## To learn more

If you would like to learn more or have any questions, please contact IPAR via email at [rehab@ipar.com.au](mailto:rehab@ipar.com.au)

