

OPTIONS FOR THE CARE OF CANCER-RELATED MALNUTRITION AND SARCOPENIA

Check availability of the following services in your local area. There may be differences in referral criteria and the scope of service between states and services.

Treating Cancer Centre

- Primary responsibility for cancer treatment
- Likely access to full multidisciplinary team
- Allied health clinicians typically hold cancer expertise/skills
- Individualised therapy (health service based and/or via telehealth) and/or group-based programs
- Free for public services and fees may apply for private services

Local Community Hospital

- Responsibility for cancer care will vary (most likely before and/or after primary cancer treatment or provision of cancer care under supervision of specialist “treating cancer centre”)
- Access to multidisciplinary allied health team members may be limited
- Allied health clinicians typically hold general expertise/skills
- Individualised therapy and/or group-based programs may be offered
- Free for public services and fees may apply for private services

Community Rehabilitation

- Centre or home based
- Short term therapy (usually 6-8 week program)
- Program built around client goals
- Usually requires > 1 allied health service for referral to be accepted
- Intensity – every 1-2 weeks
- Usually no fee

Cancer Rehabilitation

- Centre based program
- Short term therapy (usually 6-8 week program)
- Exercise class + education from allied health
- Intensity – every 1-2 weeks
- Public and private providers. Usually no fee for public provider.

Community Health Service

- Centre or home based
- Longer term goals (not time limited)
- Multiple co-located allied health services
- Single service referral accepted
- Intensity - monthly
- Means tested fee for service

Private Practice

- Private clinics or within General Practice
- Fees may be subsidised by:
 - private health insurance
 - chronic disease management plan (5 subsidised sessions per year for allied health)
- How to refer:
 - Dietitians Australia – [Find a Dietitian](#)
 - Physiotherapists - www.choose.physio
 - Exercise physiologists - www.essa.org.au/find-

Non-Government Cancer Organisations

- Many cancer support organisations provide free or subsidised access to health professionals such as nurses, dietitians, physiotherapists, exercise physiologists, psychologists.
- These services may be via phone, video call or online support groups

For further support to navigate community-based services to refer to:
CanEAT pathway - [Decision support tools](#)