

Carers and Partners Resource Sheet

Prostate Cancer

If you are caring for someone who has been diagnosed with prostate cancer, you may not only be concerned for the individual but you may also be dealing with different feelings including fear and loss of your own.

The following information will provide you with a list of reliable resources and contact details to support you in your role as carer, friend or partner.

General information

Prostate Cancer Foundation of Australia is a peak body for prostate cancer in Australia, and has a wide variety of resources available on its website. You can also contact the foundation to obtain a series of publications including *The Caring for Someone with Prostate Cancer* booklet, which contains helpful information specifically for those supporting men with this condition.

www.prostate.org.au or free call **1800 22 00 99**.

Cancer Council works across every area of every cancer, from research to prevention and support. For detailed information on prostate cancer for carers and partners including information sheets and booklets visit **www.cancer.org.au** or call **13 11 20**.

Further information for carers can also be found on the *Cancer Council Victoria* website visit **www.cancervic.org.au/get-support/** call **13 11 20** or email: **enquiries@cancervic.org.au**.

Support

The Cancer Council offers a range of services to support anyone affected by cancer. A confidential telephone counselling service is available where trained staff can answer questions and offer emotional and practical support.

Anyone can call this service including families, carers and friends.

Call **13 11 20** (cost of a local call).

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Resources in other languages

Both the Cancer Council Victoria and Prostate Cancer Foundation of Australia websites have a number of resources in languages other than English, www.cancervic.org.au/languages and www.prostate.org.au/multilingual-resources. You can also call the Cancer Council in your own language on **13 14 50**.

Other useful resources

eviq.org.au	Cancer information for patients and carers.
relationships.org.au	Relationships Australia is a leading provider of relationship support.
carersvictoria.org.au	Services for individuals and families.
eatforhealth.gov.au	Advice about the amount and kinds of foods that we need to eat for health and wellbeing.

Further reading

Facing the Tiger: A Guide for Men with Prostate Cancer and the People Who Love Them by Professor Suzanne Chambers; Australian Academic Press, Independent publication- recommended by practitioners.



SMICS

Southern Melbourne
Integrated Cancer Service

SMICS is a joint initiative of Alfred Health, Cabrini Health, Peninsula Health and Monash Health. It was established to improve the delivery of cancer services across southern Melbourne.