

Other possible services:

- Individualized treatment plans
- Education classes and groups
- As needed, assess and provide compression garments and adaptive equipment
- Help with finding community services

How do I access these specialists?

Contact your local cancer centre or search “**Rehabilitation Oncology**” online on the Alberta Referral Directory:
<https://albertareferraldirectory.ca>

Programs and Contact Information

Lethbridge

Physiotherapy only:

Jack Ady Cancer Centre
587-231-5701
1-888-221-2113 (Toll free)

Red Deer

Occupational Therapy, Physiotherapy, and Speech Language Pathology:

Central Alberta Cancer Centre
403-406-1963

Grande Prairie

Occupational Therapy, Physiotherapy, and Speech Language Pathology:

Grande Prairie Cancer Centre
825-412-4211

Calgary

Occupational Therapy

Physiatry

Physiotherapy

Speech Language Pathology:

Arthur J.E. Child Comprehensive
Cancer Centre
587-231-5701
1-888-221-2113 (Toll free)

Edmonton

Rehabilitation Medicine (room 0071)

Occupational Therapy:

780-432-8798 (no referral needed)

Physiotherapy:

780-432-8716

Speech Language Pathology:

780-432-8288 (no referral needed)

Cross Cancer Institute

1-833-838-0202 (Toll free)



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Information for
patients & families

Rehabilitation Oncology



Rehabilitation Oncology



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What is rehabilitation?

Cancer and cancer treatments can cause changes to the way you live your life. Rehabilitation works to help you:

- adapt to physical changes
- be as physically independent as possible
- improve your ability to perform daily activities
- provide relief and control of symptoms
- adapt to cognitive changes such as thinking, learning, or remembering information
- deal with emotional, social and work issues



Who is the service for?

Adults (17 years or older) who have experienced a change in how their body functions due to their cancer or cancer treatments.

What types of rehabilitation are there?

Occupational Therapy (OT)

Occupational Therapy (OT) can help you solve problems that get in the way with your ability to do activities important to you. This may include activities like work, self-care, leisure or social.

Physiatry

Physiatrists are medical doctors who specialize in physical medicine and rehabilitation. Physiatrists assess patients to see if they are medically stable to participate in therapies.

Physiotherapy

Physiotherapy (PT) can help you regain, maintain or increase strength and movement in your body.

Speech Language Pathology (SLP)

Speech Language Pathology (SLP) can help with speech production, language, feeding and swallowing changes.

Read the back of this pamphlet for what rehabilitation programs are offered at your closest centre.

We can also connect you with specialists in other centres, arrange for virtual care, or care closer to home.

Why consider rehabilitation?

Rehabilitation has many benefits. It can help manage:

- Lymphedema (swelling related to cancer surgery or radiation)
- Changes in movement, strength and balance caused by treatment
- Scar tissue and cording
- Pain
- Fatigue and improve energy
- Changes in sensation
- Daily living skills and activities
- Speech, language, voice or swallowing changes
- Dry mouth
- Functional and cognitive changes
- Self-care

Once our program receives your referral, you will be assigned to the type of rehabilitation specialist to meet your needs.

