

# Supportive Care CCA Resources for Return to Work or School

## Who is Supportive Care?

Cancer Care Alberta's Psychosocial Oncology (Social Work, Psychiatry, Spiritual Care, Psychology, Drug Access Coordination, Specialized Patient Navigation, and Sexual Health Program) and Rehabilitation Oncology (Physiotherapy, Occupational Therapy, Speech Language Pathology, and Psychiatry). For more information see [CCA Supportive Care Website](#).

## When to refer?

If your patient has a cancer- or treatment-related issue that is limiting or preventing them from returning to or staying at work or school.

## Return to Work reasons to refer to Supportive Care

Rehabilitation Oncology		Rehabilitation or Psychosocial Oncology	Psychosocial Oncology
<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Weakness</li> <li>• Swelling/Lymphedema</li> <li>• Range of motion</li> <li>• Neuropathy</li> </ul>	<ul style="list-style-type: none"> <li>• Mobility</li> <li>• Swallowing</li> <li>• Speech/ language/ communication</li> <li>• Functional issues</li> </ul>	<ul style="list-style-type: none"> <li>• Stress</li> <li>• Pain</li> <li>• Sleep hygiene</li> <li>• Cognition                             <ul style="list-style-type: none"> <li>• Memory</li> <li>• Attention</li> <li>• Problem-solving</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Disability</li> <li>• Fear</li> <li>• Coping Skills</li> <li>• Financial concerns</li> </ul>
Nutrition Counselling Cancer for any dietary or weight concerns			

## Where to look for more information?

Classes, Groups & Events: Go to [www.ahs.ca/cancerclasses](http://www.ahs.ca/cancerclasses) and use the search words “stress management.”

## How to refer:

- Within CCA and the cancer centre where service is located – send referral using the Putting Patients First Questionnaire for Psychosocial Oncology, Rehabilitation Oncology and Nutrition
- External to CCA –go to the [Alberta Referral Directory](#) and use the search words “Psychosocial Oncology”, “Rehabilitation Oncology” or “Nutrition Counselling Cancer”. Select the patient’s preferred site and use the site’s referral form.

