



*"I wish more people knew about the absolutely wonderful work of Can Assist and the difference they make to families coping with cancer."*

**Donna Flitcroft, Inverell NSW**



*"When we returned home after Wayne's operation it was really hard for us to swallow our pride but we could not have coped without their help. Wayne decided that when he recovered, we'd put back what we got from Can Assist. He's now President of our local Can Assist Branch, and our six year old daughter Corinne comes along to every meeting."*

**Kym Wooding, Hay, NSW**

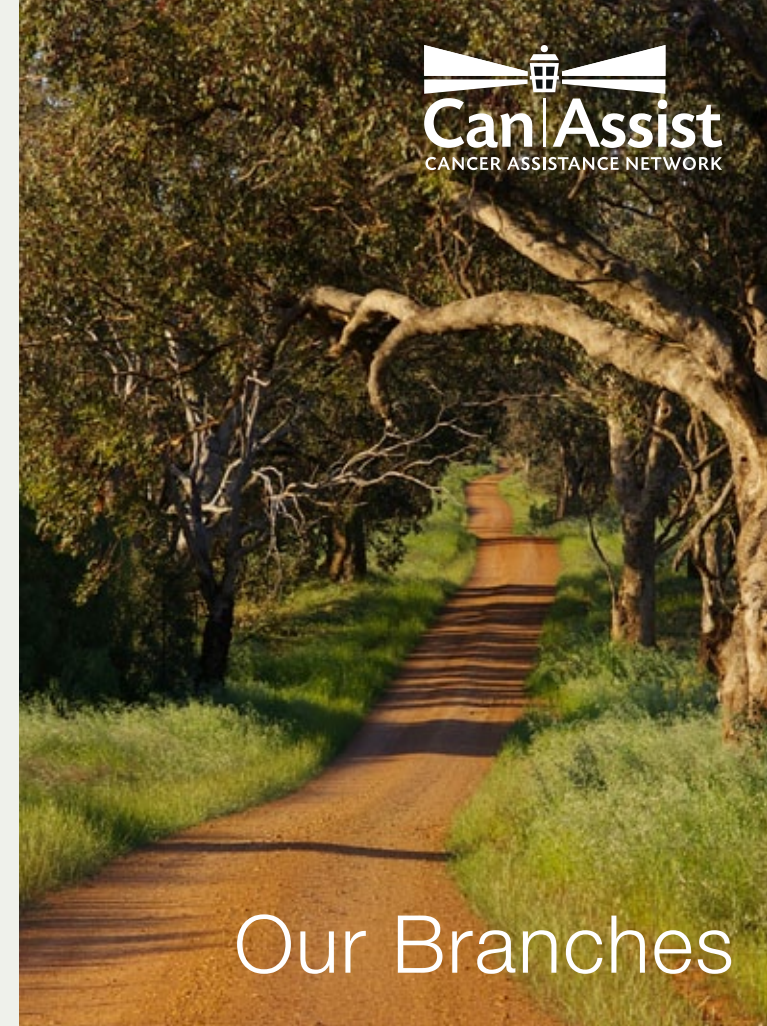
## 7 Ways to Get Involved

If you would like to make a real, practical and positive difference to country families in your local community you can:

- Volunteer with your local Can Assist Branch and become part of a local community of inspiring and dedicated individuals
- Run a fundraising event to support your local Can Assist Branch
- Come to our events
- Approach your workplace and ask them to support your local Can Assist Branch
- Make a donation to support your local Can Assist Branch
- Pass on this brochure to someone affected by cancer
- Spread the word: Funds raised by the Can Assist Branch in your town go to local families.



[www.canassist.com.au](http://www.canassist.com.au)



## Our Branches

Practical support for local families affected by cancer.



Local volunteers supporting local families affected by cancer

## Can Assist: Cancer Assistance Network

A diagnosis of cancer is shocking enough, but if you live in rural or regional NSW the personal and financial challenges are even more daunting.

Can Assist is a community based charity dedicated solely to supporting country people affected by cancer and their families.

Can Assist was formed as the Cancer Patients Assistance Society of NSW (CPAS) in 1955 to help country families cover the costs of accommodation in Sydney during cancer treatment.

Since then we have grown to a network of 50 local branches in country towns across NSW operated by 2,400 volunteers who raise funds to support local families in local communities.

### Our Vision

Every country community, family and individual has equitable access to cancer care and support services.



### Cancer in rural & regional NSW

The facts speak for themselves:

- For people living more than 100 km from a treatment centre, net out of pocket expenses are five times higher than those who are closer (less than 100 km) to treatment<sup>1</sup>.
- In some cases, people choose the type of treatment they will have, not based on what is needed but on the proximity to home, or even worse, refuse treatment altogether<sup>2</sup>.
- Rural cancer patients are 35% more likely to die within five years of diagnosis than patients in cities. Despite advances in cancer treatment, these have not been shared with rural/regional patients<sup>3</sup>.

The reality is that many country people simply can't afford the travel and accommodation costs, let alone the weeks spent away from their family and their work, to obtain appropriate treatment.

### What difference do we make?

In 2010 our 50 branches and two accommodation facilities provided practical support and \$1.8 million in financial aid to 1,900 country people and their families.

### How we can help

- Direct financial assistance through your local Can Assist Branch with things like medical, pharmaceutical, travel, accommodation and personal costs
- Supported accommodation at the Jean Colvin Cancer Centre in Sydney and Lilier Lodge in Wagga Wagga
- Our new home based support service, Can Assist Viva Packs, provide short term support of essential services to meet specific needs. The range of services may include but are not limited to: nursing, transport, child care, domestic help and respite care.

### How to apply for support

Please contact your local Can Assist Branch. They can offer you practical advice and support and advise you how to access our financial assistance. Your privacy will be respected and complete confidentiality is assured.



<sup>1</sup> Queensland Institute of Medical Research, November 2009  
<sup>2</sup> Hospital and Allied Accommodation Australia Committee, November 2009  
<sup>3</sup> National Rural Health Alliance Fact Sheet, May 2009

