

# Personalised Cancer Rehabilitation for Every Stage of Recovery



The Cancer Rehabilitation Foundation (PINC & STEEL) connects people affected by cancer with certified cancer rehab physiotherapists experienced in supporting recovery, rehabilitation and exercise during and after treatment.

**Support is available for people with any type of cancer.**



**Helping recovery happen sooner**

Cancer rehabilitation plays an important role in improving both the speed of recovery and the long-term outcomes for people affected by cancer.

# How it Works

FIRST STEP

All programmes begin with an **initial assessment** to understand your needs. From there, you'll receive a personalised rehabilitation plan that may include **individual or group sessions**, with online options available.

TIER ONE

## Individualised Programmes

1:1 targeted rehabilitation for specific impairments and challenges.  
Strength, mobility, return to function, reducing pain & fatigue.



TIER TWO

## Small Group Programmes

Specialised classes designed to improve fitness, strength, and stamina.  
Targeted, Next Steps, PaddleOn, and Online options.



TIER THREE

## Community Based Support

Supports long-term recovery and community reintegration.  
Return to fitness-based classes, Pilates, gym, sport, or walking groups.



Your physio will guide  
you each step of the way.



# How to Access Support

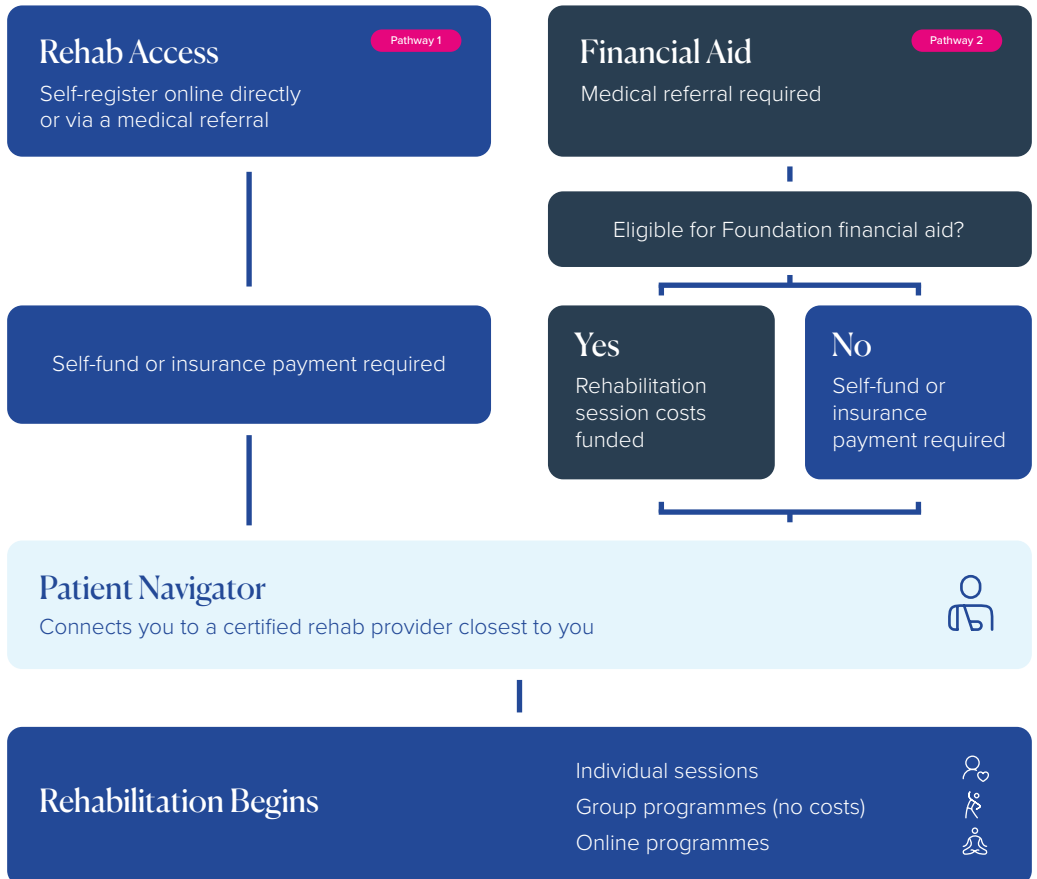
There are two simple ways:

## Pathway 1: Rehab Access - Universal service pathway:

Connect directly with certified cancer rehabilitation physiotherapists nationwide. Available to anyone with cancer who can self-fund or has insurance, providing fast access to expert support with no long wait times.

## Pathway 2: Foundation Financial Assistance - Targeted charitable support:

Targeted support to help cover the cost of care for those who need it most. Financial Assistance is not automatic and is subject to referral and eligibility criteria.



## Eligibility for Foundation funding

- Confirmed malignant diagnosis within past 3 years
- Treatment has the potential to increase risk of functional decline
- There is no access to publicly funded services

# Supporting people affected by cancer with expert care since 2006.

## National Rehab Network

Access certified cancer rehab physiotherapists across New Zealand



## Personalised Rehab

Individual one-on-one rehabilitation sessions



## Group Rehabilitation

Fully funded group rehabilitation programmes (in-person and online)



## Patient Navigation

Our team helps guide you to the right support and services.



## Financial Support

Charitable funding for eligible individuals who require financial assistance



Scan to self-register or visit  
<https://www.cancerrehab.org.nz>  
to find out more



Scan to refer a patient, or visit  
<https://www.cancerrehab.org.nz/programs/referral-form>

