



REHABILITATION PROGRAMMES



Established in 1964, Singapore Cancer Society is a self-funded social service agency which provides patient care services to patients in need through its cancer treatment subsidies, welfare schemes, rehabilitation support programmes, and hospice care. In addition, the Society also provides free cancer screening services and promotes cancer awareness and prevention through its public education and community outreach programmes.

Vision:

To be Singapore's leading Charity
in the fight for a cancer-free community

Mission:

To Minimise Cancer and
Maximise Lives through effective programmes

The Cancer Survivor's Challenges

I want to be back to normal after my treatment.

It makes me anxious knowing that I'm not anywhere near there yet.

Kuang Xiuyi
(SCS Cancer Survivor)

Common effects of cancer treatment that may be reduced with cancer rehabilitation:

- Tiredness
- Muscle weakness
- Joint Pain
- Numbness
- Poor appetite / Loss of appetite
- Weight loss / gain
- Forgetfulness
- Changes in mood
- Sleep disturbance
- Lymphedema
- Difficulty in swallowing
- Speech difficulties
- Changes in sexual health

Many cancer survivors have unmet needs after finishing their cancer treatment. They struggle with many issues and find that they are unable to function at their previous levels.

Meet our Team

Meet your Goals

1 Assessment

On your first visit, you will be assessed by our Rehabilitation Specialists



2 An Individualised Care Plan

Our team will meet to discuss and plan a rehabilitation programme based on your goals

3 Our Team

Depending on your needs, you may meet some of our rehabilitation team members

- Cancer Care Navigator
- Rehabilitation Physician
- Physiotherapist
- Occupational Therapist
- Speech Therapist
- Exercise Specialist
- Lymphedema Therapist
- Dietitian
- Social Worker
- Clinical Sexologist
- Art Therapist

4 Your Rehabilitation Journey

Regular reviews of your progress and adjustment of rehabilitation interventions where necessary until your goals are met





Our Programmes

Whether you are newly diagnosed and awaiting treatment, in the midst of treatment, have completed treatment, or are a long-term cancer survivor, you may find our cancer rehabilitation programmes helpful. These programmes are guided by research evidence and designed to empower you to take charge of your life

- Be healthy, be confident, and be engaged.

We are grateful to learn day-to-day strategies and exercise in an environment that is safe and supportive.

Tan Chor Kee and Koh Ai Choo
(SCS Cancer Survivors)



Hello, I'm Xanthe, Breast Cancer survivor since 2017



These are the problems I faced:

Numbness and Pain in my Hands and Feet

I kept dropping small items like pens and would have to be very careful so as not to break my cups.

Decreased Balance and Physical Endurance

I had to walk very slowly, as I felt like I was going to fall. I could not grip my slippers and I had to change my footwear to closed shoes.

How did rehabilitation help me?

Improving Physical Health

The customised exercise programme has helped me with my back injury, numbness in my hands and feet, and to prevent lymphedema.

Improving Confidence to Cope

I now know how to maintain and improve my health through exercise, diet, self-care, and proper rest.

Rehabilitation has helped me a lot in treating my symptoms and enabling me to return to my normal life. This centre is not just a place for treatment – I felt very encouraged and I know I can overcome many things, both physically and psychologically.

Xanthe is living her life to the fullest - she spends most of her time with friends, playing Mahjong, going for rehabilitation and her medical appointments, and being at work. She maintains a positive outlook throughout her cancer journey.



Cancer survivors aim to return to their everyday life after cancer diagnosis and treatments. Resuming one's life-role - for example, housewife, husband, caregiver - allows them to regain their sense of identity. However, many of them encounter challenges such as pain, fatigue, general weakness, numbness and swelling after cancer treatments which hinder them from resuming their role(s) at home.

SCS RETURN TO **ROLE** PROGRAMME

Our team will customise a rehabilitation program for you based on your needs and goals. Depending on areas you need improving, interventions are aimed towards:

Improving cancer related symptoms which prevent you from performing your role. Symptoms include pain, reduced strength and endurance, and limb swelling.

Developing self-management strategies to better meet the demands of your role. Symptoms include fatigue, cognitive issues and numbness.

This programme aims to empower cancer survivors to reintegrate back to their life roles as before. Speak to us to find out more.

Hello, I'm Gary, Ependymoma survivor since 2017



These are the problems I faced:

Unsteady Walking

I had to rely on walking aids and my walking speed was greatly reduced. I had to be very careful not to fall as my coordination was affected.

Work Challenges

Because I had difficulty moving about the office and off-site environment, I was worried about keeping my job.

How did rehabilitation help me?

Phased Return To Work

I started preparing myself physically and mentally before I started work. I was able to anticipate the obstacles at work so that my rehabilitation could be tailored accordingly.

Improved Physical Mobility

The strengthening and balance exercises helped me to improve my walking ability around my work environment.

I have positive co-workers and a boss who is willing to help as they are aware of my condition. I work really hard to prove that I can still contribute to the workforce despite my reduced mobility.

Gary is a father of two young children and he has also been promoted after he has rejoined the workforce. Despite being a young cancer survivor, he has displayed strong resilience throughout his cancer journey.



Achieving work-related goals is considered an important aspect of recovery where cancer survivors can re-establish normality and regain a sense of identity and purpose. However, many cancer survivors may face work-related challenges such as job loss or difficulty in meeting job demands after cancer diagnosis and treatment.

SCS RETURN TO **WORK** PROGRAMME

Our team will tailor a return-to-work programme according to your needs. To increase your success rate in returning to work, interventions are aimed towards:

Improving your personal resources such as health, work ability and self-efficacy

Reducing job demands through work modification

Enhancing job resources through selection of a job with a good fit and/or employer's support

Partnership with Community Partners

Depending on your work experience and background, our team may refer other agencies to work with you to improve your chances of employability.

This programme aims to help cancer survivors return to the workforce. Speak to us to find out more.

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SCS Cancer Care Navigation



Cancer treatment is often a difficult experience, especially for newly diagnosed patients. Most may face physical, emotional and financial challenges as they undergo treatment. As they journey towards a new normal during their recovery, many issues still need to be addressed, such as returning to work, improving physical health while managing their financial concerns and worries of possible relapse.

OUR SERVICES

- Using a patient-centred approach, our SCS Cancer Care Navigators guide you to suitable services to address your needs.
- They provide support throughout your cancer recovery journey, from the hospital back to the community.
- They journey with you for about 3 to 6 months, ensuring that your challenges are addressed and goals met.

You may benefit from our services if you are:

- Newly diagnosed with cancer and want to better manage your challenges while striving towards a new state of normalcy.
- Undergoing active treatment and want to better cope with your challenges.
- Aiming to improve your physical status, return to work and/or adapt to the new lifestyle/norm.

You may contact our SCS Cancer Care Navigator:

Tel: 8127 5627 (Lisa Wu)

Email: carenavigation@singaporecancersociety.org.sg

Physiotherapy



Physiotherapy programmes have been established as safe and beneficial for cancer patients before, during and after their cancer treatment. They help to prevent or reduce the severity of anticipated treatment-related physical impairments that may cause significant disability after cancer treatments.

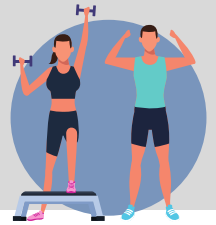
OUR PROGRAMME

- Individualised physiotherapy program designed based on your goals to improve function
- Physiotherapy sessions help to reduce pain, and improve balance and exercise tolerance levels. They may also include caregiver training if needed.

You may benefit from our programme if you are:

- Experiencing a decline in your physical function
- Experiencing pain or weakness that affects your mobility
- Having difficulty performing activities of daily living such as getting out of bed, walking and climbing stairs
- Interested to have a customised exercise regime that is safe for you to do before, during and after your cancer treatment

Exercise Programmes



The effects of exercise on cancer have been well studied and associated with many benefits. When performed safely, a tailored exercise programme by an exercise specialist can bring about various benefits during and beyond your cancer treatment, including lowering the risk of seven common types of cancer, minimising side effects, and regaining aerobic fitness and muscular strength.

OUR PROGRAMMES

Pg 14 Fitness Improvement
Rehabilitation Exercise
(FIRE)

Pg 15 Strength After Breast
Cancer (ABC)

Pg 16 Cancer Induced Peripheral
Neuropathy (CIPN)
Exercise Programme

Pg 17 Core Essentials

Pg 18 Commit, Persevere and
Be Fit (CPF)

You may benefit from our programmes if you are:

- Keen to get stronger before the start of your treatment
- Experiencing a decline in your physical fitness or function
- Experiencing common side effects like fatigue, anxiety or weight gain
- Eager to adopt a healthier lifestyle and learn more about the health benefits of exercise
- Keen to learn how to exercise in a safe and appropriate manner

SCS Fatigue Management Programme



Cancer-related fatigue (CRF) is the most common symptom affecting people with cancer. It is a feeling of constant tiredness despite sufficient rest and sleep, and usual daily activities become more difficult and effortful to perform than previously. Many cancer survivors may think that there is nothing much they can do about their fatigue. This programme involves a combination of intervention strategies, including exercise, balanced diet and self management education.

OUR PROGRAMME

- **Individualised Sessions**

Goal setting and action planning are strategies used during one-to-one sessions to help you identify achievable goals in reducing fatigue symptoms and building healthy dietary and lifestyle habits.

- **General Cancer Exercise Programme**

An Exercise Specialist will prescribe suitable aerobic, flexibility and resistance exercises, tailored to your fitness level. You will learn how to perform these exercises safely.

You may benefit from our programme if you are:

- Experiencing fatigue as a result of cancer or as a side effect of its treatment and/ or having:
 - Changes in your food intake
 - Weight loss
 - Sleeping difficulties
 - Decreased physical activity

SCS Lymphedema Management Programme



Cancer treatment involving removal of lymph nodes and/or radiotherapy can lead to compromised function of the lymphatic system. This may lead to swelling in the affected area, known as lymphedema. If left untreated, swelling can worsen and lead to many complications including pain, mobility issues and recurrent infections. Though lymphedema is a lifelong condition, the key is learning how to manage the condition in long term.

OUR PROGRAMME

- **Complete Decongestive Therapy**

Our certified SCS Lymphedema Therapists provide lymphatic drainage, compression therapy and exercises in order to reduce the swelling. A virtual education talk is held monthly to share about lymphedema, risk reduction and management strategies. A dietitian will also cover individualised dietary advice related to lymphedema.

- **Strength After Breast Cancer**

This supervised strengthening exercise programme is designed to help breast cancer survivors undergo strength training safely and equip them with confidence to continue exercising after completion of the programme.

You may benefit from our programme if you are:

- Having cancer treatment such as surgery involving the removal of lymph node(s) or radiotherapy to your lymph nodes and/ or
- Having swelling in the arm, leg, and trunk as a result of your cancer treatment



Some cancer treatments can damage your nerves causing a set of symptoms known as chemotherapy-induced peripheral neuropathy (CIPN). These symptoms may include pain, tingling, numbness and muscle weakness in your arms and legs. For some people, these symptoms may last for a long time. Research shows that exercise reduces symptoms of neuropathy and leads to better quality of life.

OUR PROGRAMME

CIPN Exercise Programme

- You will undergo a supervised exercise programme over a period of 3 months. These exercises are targeted at improving your flexibility, strength and balance, in order to optimise your functional capabilities and reduce your risk of falls.

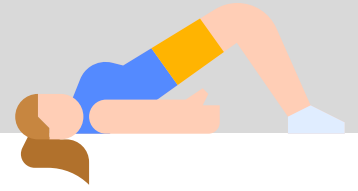
Individualised Sessions

- Interventions may include gait retraining, prescription of assistive devices, home safety modification and falls prevention education. Physical modalities may be used to alleviate these symptoms if suitable.

You may benefit from our programme if you are:

- Having a feeling of numbness, tingling or "pins and needles" in your hands and feet
- Experiencing burning or warm sensation
- Unable to feel the ground beneath your feet when walking
- Experiencing weakness, e.g. unable to open a jar or bottle, unable to climb stairs or get up from the chair
- Having cramps in your hands and feet
- Feeling loss of balance, or are unable to walk well

SCS Core Essentials



Cancer patients diagnosed with cancer in the lower quadrant may experience symptoms and side effects such as lower back pain and core dysfunction. Exercise and self-management education may be useful to improve confidence in managing the effects of lower quadrant cancer.

OUR PROGRAMME

- You will undergo 12 sessions of supervised exercise sessions that specifically condition your core muscles.

You may benefit from our programme if you are:

- Diagnosed with cancer in the lower quadrant (abdomen and below)

SCS Commit, Persevere and Be Fit (CPF)



Many studies have suggested that obesity is a major risk factor in developing certain types of cancers. Weight management can help to improve quality of life. Interventions such as having an appropriate diet approach and regular exercise can lead to better treatment outcomes, management of fatigue and/or lymphedema, as well as improve overall health and well-being.

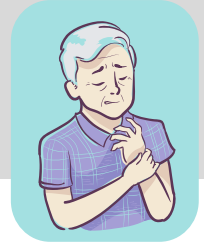
OUR PROGRAMME

- Participants will undergo a 6-month programme consisting of virtual individualised dietary talks and exercise sessions.
- This programme empowers participants to make positive lifestyle changes through adopting a healthier diet and exercising in a safe and confident way.

You may benefit from our programme if you:

- Are overweight with or without chronic diseases
- Need dietary and exercise guidance to manage body weight after cancer treatment

Pain Management



Many cancer patients who have undergone cancer treatment involving use of aromatase inhibitors medication (eg. Letrozole) experience joint pain, which is characterised by morning stiffness and joint discomfort at various sites. Some other examples of musculoskeletal pain include frozen shoulder, trigger finger (locking of your finger during movement), thumb pain and lower limb pain (e.g. knee, ankle).

OUR PROGRAMME

- You will undergo a thorough examination by our team of Physiotherapists and Occupational Therapists to assess the severity of the musculoskeletal issue.
- To reduce any stiffness, pain or swelling, interventions such as education on joint protection strategies, gentle joint mobilisation, massage, exercises and use of modalities may be delivered.

You may benefit from our programme if you are:

- Experiencing physical pain or weakness in any part of your body (e.g. neck, shoulder, wrist, hands, back, hip, knee, ankle, foot)
- Facing difficulties performing tasks due to physical pain or weakness
- At risk of developing musculoskeletal pain

Problem Solving



Cancer treatment-related side effects such as cognitive dysfunction and fatigue can lead to psychological distress. Problem solving interventions may be useful to reduce levels of distress and enhance personal control and coping strategies.

OUR PROGRAMME

- This workshop is conducted virtually in a group format through lectures and interactive discussions.
- Participants will learn how to manage their problems with a confident, positive and proactive approach. It uses a goal-oriented and strength-based approach to make behavioural changes. A problem solving framework will be discussed in the workshop.

You may benefit from our programme if you are:

- Experiencing cognitive-related changes after your cancer diagnosis or treatment
- Experiencing problems as a result of your treatment-related side effects or when dealing with everyday activities such as work and interacting with others

SCS Head & Neck Cancer Programme



Head and neck cancer (H&N) includes cancer arising from the nasal cavity, sinuses, oral cavity (lips, mouth, tongue, hard palate, gums), salivary glands, pharynx (nasopharynx, oropharynx including base of tongue, tonsils, soft palate and hypopharynx) or larynx. The repercussions from extensive surgeries, radiation therapy and chemotherapy can severely affect your quality of life in terms of speech, swallowing, appearance, body image, dietary intake and neck-shoulder mobility. An estimated 50% of treated H&N cancer patients will develop lymphedema post-radical dissection, radiation and/or chemotherapy.*

OUR PROGRAMME

Pre-treatment Intervention / Pre-rehabilitation

- The process of rehabilitation begins when the cancer is diagnosed.

Post-operative Intervention

- Speech and Swallowing Assessment and Treatment
- Lymphedema Management
- Head, Neck and Shoulder Evaluation and Treatment
- Psychosocial Intervention
- Dietary Advice to Prevent Malnutrition
- SCS New Voice Club Support Group for Laryngeal Cancer Survivors

You may benefit from our programme if you are:

- Diagnosed with Head & Neck Cancer and,
- Awaiting treatment such as surgery, chemotherapy and/or radiation therapy, or
- Experiencing cancer treatment-related side effects as mentioned above

SCS Psychosocial Support



SCS provides a whole-person approach to cancer care that addresses a range of needs to improve the quality of life of those affected by cancer. Our social workers and counsellors are specially trained to help you and your caregivers cope with your fears and strong emotions that may result from your cancer diagnosis or treatment. They are also ready to help you, your caregivers, and your family members access relevant information, financial resources, and support groups along your cancer journey.

You may benefit from Psychosocial Support services if you are:

- Coping with illness, loss, and bereavement
- Experiencing financial and emotional concerns before, during or after cancer treatment
- Facing challenges managing caregivers, family members and/or rehabilitation related matters

For more information, please call 1800 727 3333

SCS Cancer Support Groups



At SCS, we believe that no one should fight cancer alone and structured social support for cancer survivors should be incorporated into every survivor's cancer journey. Our support groups are designed to educate, engage and empower survivors to take charge of their own well-being.

OUR SUPPORT GROUPS

- **SCS Bishana Ladies Group**
(Any Type of Cancer)
- **SCS Semicolons**
(Colorectal Cancer)
- **SCS Reach to Recovery**
(Breast Cancer)
- **SCS Walnut Warriors**
(Prostate Cancer)
- **SCS New Voice Club**
(Laryngeal Cancer)

ENRICHMENT PROGRAMMES

SCS Enrichment Programmes are offered at no charge (first-come-first served basis) to all registered SCS Support Group Members

Diet And Nutrition

Baking Workshop
Cooking Workshop
Nutrition Workshop

Art

Bead Craft
Chinese Ink Painting
Costume Jewellery Making

Fitness

Accessible Yoga (with wall support)
Be Hype & Be Happy (dance workout)
Chair Yoga
Line Dance
Tai Chi
Hatha Yoga
Qigong
Zumba

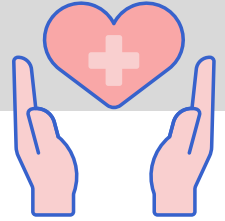
Hobby

Karaoke
Singing
Tea appreciation
Ukulele

SCS PATIENT AMBASSADOR PROGRAMME

This programme equips current support group members to be Patient Ambassadors to reach out to those who are undergoing treatment or are newly diagnosed. Through home and/or hospital visits, Patient Ambassadors help them to come to terms with their diagnosis as they seek treatment.

SCS Hospice



SCS provides holistic hospice care for patients with advanced cancer in the comfort of their own homes. SCS hospice care team comprises medical and allied health professionals who make regular visits to our patients and their families.

OUR SERVICES

Medical assessment and treatment

- Assessment and treatment of symptoms such as managing pain, anxiety or breathlessness

Psychosocial services

- Providing financial assistance, psychosocial, emotional and spiritual support
- Grief and bereavement support

Home rehabilitation

- Interventions include providing home safety advice and caregiver training

You may benefit from our services if you are:

- Diagnosed with advanced cancer and require access to medical and nursing care at home due to cancer symptoms
- Experiencing distress and/ or having difficulty with everyday activities and are uncertain how to perform them safely

To enquire about SCS Hospice,
please call 1800 727 3333

Collaboration with SportSG

Exercise is a lifelong habit that leads to improved health and well-being. After completion of SCS exercise programmes, it is important to maintain and adhere to the exercise routine that has been prescribed to our patients. SCS has partnered with SportSG to ensure that there is an effective transition to safe exercise gyms with effective trainers that are close to the homes of our patients. SportSG gyms are located islandwide.

ACTIVESG GYMS / ACTIVE HEALTH LABS



SportsSG gyms located islandwide



Active Health Labs

For more information, please speak to our
SCS exercise specialists



Cancer does not discriminate. It impacts people from all walks of life. When the road gets bumpy, it helps to have companions on the journey. SCS journeys with cancer patients at every stage of the cancer journey. The Society provides a range of assistance schemes to alleviate the financial burden of treatment costs for Singaporeans and Permanent Residents from low- and middle- income families. These provide cancer patients with avenues for assistance at every stage of treatment: when they are first diagnosed with cancer, pre-treatment to post-treatment and beyond.

FUNDING SCHEMES

- SCS Cancer Care Fund
- SCS Cancer Treatment Fund
- SCS Welfare Aid Fund
- SCS Transport Services
- SCS Help the Children and Youth Programme
- SCS Cancer Rehabilitation

You may benefit from our service if you are:

- Hoping to find out more about the various funding schemes to cope with cancer treatment
- Facing financial difficulties with cancer treatment or cancer rehabilitation

To enquire about SCS' financial and welfare schemes, please call 1800 727 3333 or email welfare@singaporecancersociety.org.sg

SCS Rehabilitation Team Members

Rehabilitation Physician

Cancer Care Navigator

Physiotherapist

Dietitian

Occupational Therapist

Social Worker

Speech Therapist

Art Therapist

Exercise Specialist

Clinical Sexologist



REACH OUT TO US

EMAIL US

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CALL US

6661 0595

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Operating Hours

Monday to Friday:

8.30am to 6pm

Closed on Saturdays,

Sundays & Public Holidays





**SINGAPORE
CANCER
SOCIETY**

REHABILITATION CENTRE

Celebrating Recovery

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