

# Who can help?

## A guide to support services and specialists for inherited cancer risk

This guide shows the people and services that may help at different points. To get started, you could ask your GP, ICA or a care team you are already connected with for guidance, recommendations or referrals.

### Health care and specialist support

#### Understanding genetic results & cancer chance

- Familial cancer clinic
- Cancer genetics service
- Genetic counsellor
- Clinical geneticist

#### Weighing up risk management options

- Familial cancer clinic
- Genetic counsellor
- Clinical geneticist
- Relevant medical or surgical specialist
- Specialist nurse

#### Fertility & family planning

- Fertility specialist
- IVF clinic
- Fertility preservation service
- Reproductive counsellor
- Genetic counsellor

#### Medically induced menopause

- Menopause clinic
- Menopause specialist
- GP with menopause experience
- Gynaecologist
- Endocrinologist
- Menopause nurse
- Nurse practitioner

#### Sexual wellbeing

- Sexual health clinician
- Pelvic health physiotherapist
- Psychosexual counsellor
- Gynaecologist
- Urologist
- Specialist nurse
- Psychologist
- Counsellor

#### Recovery after surgery or cancer treatment (if relevant)

- Physiotherapist
- Exercise physiologist
- Dietitian
- Occupational therapist
- Lymphoedema therapist
- Specialist nurse
- Rehabilitation service

### Practical, emotional and community support

#### Emotional & psychosocial support

- Psychologist
- Counsellor
- Mental health social worker
- Genetic counsellor
- Psycho-oncology service
- ICA's Peer Support Program
- ICA's National Support Group

#### Practical, financial & work support

- Hospital or clinic social worker
- Financial counsellor
- Workplace HR or wellbeing contact
- Employee Assistance Program, if available
- Cancer Council legal, financial and workplace referral services, if eligible

#### Travel, telehealth & local access

- State or territory Patient Assisted Travel Scheme (PATS)
- Specialist clinic
- Hospital or clinic social worker
- Regional health service
- Telehealth through a specialist, genetic service or clinic

#### Talking with family

- Genetic counsellor
- Familial cancer service
- Cancer genetics service
- Counsellor
- Family therapist
- ICA Inherited Cancer Support Service
- ICA's Family Conversation Resources

#### Peer support & lived experience

- Patient support organisation, such as Inherited Cancers Australia
- Moderated online support group, such as ICA's National Support Group
- Lived experience mentor, such as ICA's Peer Support Program



You have a right to healthcare that is respectful, understandable and accessible.

Scan to find ICA resources, lived experience stories and support services mentioned in this guide.

[inheritedcancers.org.au/experience](https://inheritedcancers.org.au/experience)

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