

THINKING AHEAD

YOUR GUIDE TO SCHOOL, STUDY AND WORK

A guide for young people who have been diagnosed with cancer





THINKING AHEAD

Your guide to school, study and work



Note to reader

We hope that this resource helps you to re-engage with school, study and work. While this resource is specific to Queensland, the main content, like the Victorian version, will be relevant across Australia, despite differences in terminology and service names. This resource is a general guide. It is not a substitute for medical, legal or financial advice. If you need more information, your local Youth Cancer Service is a good place to start. All care was taken to ensure that the information was accurate at the time of publication.

Background

The need for this resource was identified in Victoria through a Cancer Australia funded research project (APP1010977). This showed that many young people who had been diagnosed with cancer were not back on track with their education, training or employment, despite having completed treatment. Many of these young people were unsure how to re-engage with school, study and work and move on with their lives.

The development of the Queensland resource was funded by the Queensland Department of Health through the Youth Cancer Service in Queensland. Children's Health Queensland (CHQ) Hospital and Health Service provides leadership and governance for the statewide Queensland Youth Cancer Service (QYCS). The Queensland resource was developed through a collaboration between QYCS health professionals based at CHQ, Princess Alexandra Hospital, Gold Coast University Hospital, Redkite, Bundaberg Hospital, Queensland Children's Hospital School, Department of Education, Department of Employment, Small Business and Training and the QYCS Youth Advisory Group.

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We would like to thank the many young people and their families who willingly shared their personal stories to ensure the relevance of the Victorian resource as these stories are maintained in this Queensland version. We also wish to acknowledge the invaluable contribution of our health professional advisory group and our content expert group. We gratefully acknowledge the contribution of Bec Greenslade (project officer), Genevieve Libke (support officer) and we wish to congratulate and thank the young person on our project team, Renee Gosney, who generously volunteered her time and rarely missed a single meeting!!

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THINKING AHEAD

Your guide to school, study and work

School, study and work are really important parts of life. They are where we learn and develop skills. They're also where we make and hang out with friends, play sport and have fun. Together with our families, it is through studying and working that we gain self-confidence, a sense of achievement and hope for the future. So, when something as big as cancer interrupts all that, it can be really hard to begin to fit life back together again.

Thinking Ahead has been developed to help you get back on track with school, study and work – during and after treatment. It covers some common experiences and effects of treatment up front so you can recognise these and know how best to manage them.

But *Thinking Ahead* is really about you – your whole life, your goals and your priorities.

Regardless of your situation or what the future may hold, *Thinking Ahead* will help you to:

- Identify **your** goals and priorities in the moment (even if these are unclear right now)
- Understand **your** options (even if you have no idea at the moment)
- Understand the school, vocational education and training and university systems (even if they are complex)
- Live **your** best life here and now (that's the aim after all!)

HOW TO USE THIS RESOURCE

Each section of *Thinking Ahead* covers a different topic. You may read the entire resource or just the bit that is most relevant to you, dipping in and out when you have a question or need more information. *Thinking Ahead* covers...

Telling it like it is...	5
Common experiences of other young people	
Cancer related changes	9
Understanding common impacts of cancer and treatment	
All about you	15
How to identify your goal and priorities and helpful hints and tips on how to advocate and support yourself	
School, study and work	21
Common experiences in relation to school, study and work and an overview of options	
School	29
What school can offer, managing school and available supports	
Vocation Training Providers	35
What vocational education and training can offer, managing vocational training and available support	
University	41
What university can offer, managing university and available supports	
Work	47
Returning to work or looking for work: knowing your rights, responsibilities and options	
Money, money, money	53
Money and financial support options	
Strategies and support	57
Important things to know and do to help you manage life	
Extra stuff	65
Bibliography and appendices, resources and places to go for more information	

Tips and Tricks



This resource has been developed based on the experiences of young people and their families. It is their hope that it will provide you with the information you need to get back on track with school, study and work so you can meet your goals now and into the future.

To best navigate this resource, look out for the icons that highlight:

- Did you Know (Interesting Facts)
- Tips and Tricks
- More Information (Useful Links and Resources)

There is a glossary to help you understand acronyms and common terms (Appendix A) and you can make your own notes as you go on the notes pages at the end.

"I'd just turned 18 and it was exams coming up and it was like...diagnosed with brain tumour...oh what, that's not real, that's something you see on RPA. You don't know what to think, you don't know what to expect. I didn't care about anything. I'm like I don't care about school, I don't care about this, I don't care about that. The Education and Vocation Advisor was like hey, this is important...what happens in the future? For your future? I wasn't even thinking about the future. I was just thinking about the here and now...In a sense she grounded me and gave me perspective...There's life after this...That is an important thing."



TELLING

It is important that you can...

IT LIKE

...live life in the here and now

IT IS

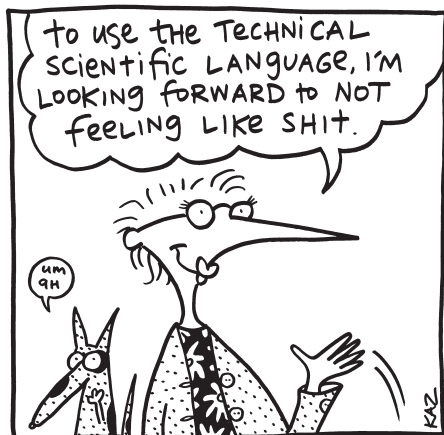


Cancer can disrupt so many aspects of life, including school, study and work...

"Just before the diagnosis I was about to start a job and I was planning to study. When I was diagnosed everything just messed up suddenly. Now I am trying to catch up again."

For many people, the end of treatment is a happy, exciting time. But it can also be scary. You may feel a little lost, isolated or unsure of what to do next...

"The focus during treatment was on the here and now. Very explicit details about what to expect. As soon as the last cycle finishes, that drops away. You felt really quite lost."



"In your last cycle you're looking at the end but you don't want to get too caught up and be like, yeah it's over, in case they're like hey, actually, you need to do radiation now."

You may feel like you're not recovering as quickly as you thought you would. This can be scary. Treatment can have long term effects. These can be managed, if you understand what they are... (See *Cancer Related Changes* pg. 9)

"I really wasn't sure if it was normal for me to be this tired. I mentioned it to my oncologist and she would be like, yeah that's normal. Even though she was telling me that being tired was normal, I was like, yeah, but this tired...for how long?"

Despite what others might say and the demands of treatment, lots of people want to stay connected with school, study and work...

"I was treated in the adult hospital...I was interested in going to school when I was diagnosed in year 10 but he (my oncologist) sort of didn't even bother to ask...Like no, no I'll write a letter, you don't have to go to school for the whole year, don't stress it. But I was like no, no, I want to go to school if I can, I want to be linked with school."

It can be really hard to know how to get back on track after a break...

"I hope that I can do something that is uplifting, something better for next year. But really at the moment I don't know exactly what to do."

The important thing to know is that this is normal and there is support available to help.

"Support was there if you went and sought it...all the support is there but you need to know where to go, who to really connect into."

The other thing to know is that life now is the most important thing. Regardless of your situation or what your future may look like, it is important that you can live life in the here and now. *Thinking Ahead* hopes to give you information to help you do this, as well as work toward your goals for your future.

"It helps to think of the future and that would maybe give you more of a reason to actually pursue your study if you can...instead of walking away from it and later on down the track being behind."

After treatment, there might be an expectation that things will go back to normal, just like before. For some people things do. But for many people it's not that simple...

"It's a bit harder to get back to the normal pace of life, to the way you were before."



CANCER

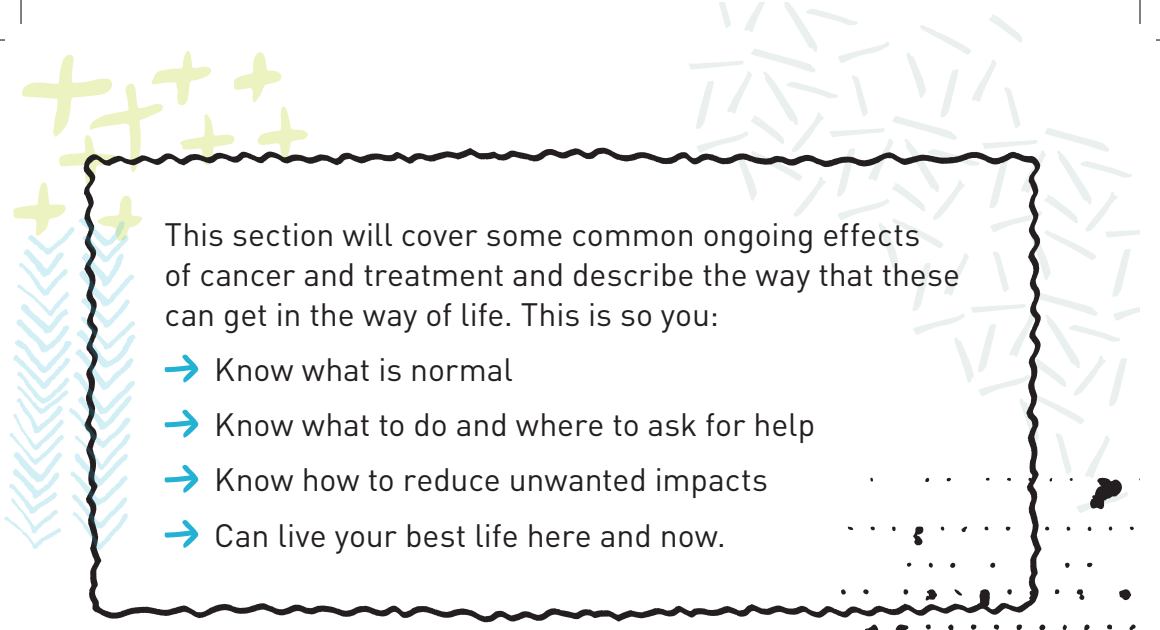
Does everyone feel like this?

RELATED

What is normal?

CHANGES

“one of the things that kind of made me hesitant to say that I needed help was that I was worried that people wouldn’t understand that even though I had finished treatment, things hadn’t gone back to normal.”



This section will cover some common ongoing effects of cancer and treatment and describe the way that these can get in the way of life. This is so you:

- Know what is normal
- Know what to do and where to ask for help
- Know how to reduce unwanted impacts
- Can live your best life here and now.

PHYSICAL CHANGES AND FATIGUE

“At the end of Year 11 they do like a week of Year 12 so I did that and I had to be at school all day for that entire week and oh my gosh I was exhausted. I finished treatment in January. I was like, I’ll be right, I’ll be sweet by the time I get back to school. I was wrong. No one was really like, you’re going to be really tired for ages. That was a big thing that I didn’t hear.”

Treatment can have loads of physical impacts. It can change how your body works and looks, how you feel about your body and your self-confidence. One of the most commonly experienced physical impacts is **fatigue**. Fatigue is extreme physical or mental tiredness. It can be

frustrating and it can last a really long time. It’s important to know that fatigue is normal. It is not a choice. And there are strategies to help you manage. Some other common side effects of treatment include:

- Feeling really physically or mentally tired a lot of the time or needing a lot of rest or sleep
- Not being able to last a whole day at school, study or work
- Poor concentration, poor memory or lack of motivation
- Pain, swelling or scarring, tingling or numbness
- Changes to mobility, weight, hair, hearing, sexual function, sleep and appearance
- Self-consciousness about any or all of the above!

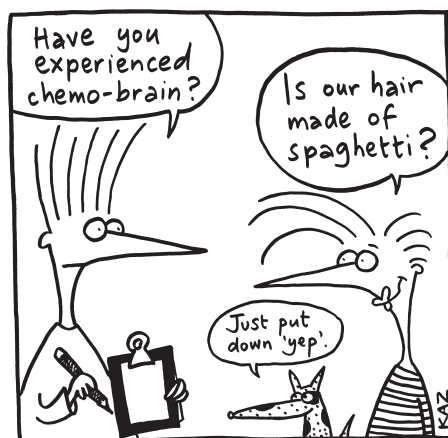
COGNITIVE (BRAIN, THINKING AND LEARNING) CHANGES

"I moved into first year uni and I was still feeling tired. It wasn't until recently that someone actually mentioned that concentration would be a difficult thing. I was like yeah, that makes heaps of sense, no wonder I couldn't deal with 75 minute classes."

Cognitive changes include those that affect learning and thinking. These can include changes to concentration, memory, planning, organising and behaviour. Many people talk about experiencing 'chemo brain' after treatment. This is a real thing! People say it may feel like you're in a fog, aren't able to learn like you used to, or it can mean you have trouble remembering things or focussing like you did before.

Some common signs include problems:

- Remembering things, staying focussed or concentrating
- Following instructions, learning new information or understanding things
- Planning, organisation and time management
- Problem solving or generalising skills
- Completing activities in a given time frame
- Writing, finding the right words to use
- Keeping up with conversations or games
- Socialising with friends.



EMOTIONAL CHANGES

"I was getting disappointed with myself...the students are much faster than me...the workload is too much...the teachers were so demanding."

When you go through a stressful life event, it's normal to feel a whole range of emotions. Lots of people talk about being on an emotional roller coaster. While this is normal, if you feel like any of your emotions are getting hard to handle, it is important to tell someone you trust and ask for help. Some common signs include:

- Depression or low mood
- Anxiety, excessive worry in general and/or lots of worry about the future, including about cancer returning
- Persistent sadness or crying, or a sense of loss
- Anger, irritability, impatience, lashing out, frustration or guilt
- Emotional fatigue or tiredness
- Lack of motivation
- Withdrawal from others, wanting to be by yourself all the time
- Not engaging in normal activities (like school, study, work or other things you used to enjoy)
- Changes to sleep, eating or weight
- Loss of confidence, changed sense of oneself.

SOCIAL CHANGES

"I think if someone was like, you need to really re-consider your load this year, I would have been like ok, maybe. Because two weeks into Year 12, I was like I can't do five subjects and I dropped one...And then throughout Year 12 I saw all of my friends working and doing school work until 10:00 at night and it would get to dinner time for me and I would be like, couch!"

Social changes may include changes to school, study and work, other activities like sports and music, and relationships in your life. You may not be doing the same things and seeing the same people as you were before. Sometimes these changes are positive: you may make new friends, receive lots of support, or identify new priorities for your life. It's also normal if some of these changes are hard. You may feel like you are losing touch with school, study and work, people may drift away, not understand, or even treat you differently. Some common signs of negative social change include:

- Disruption to, or disengagement from school, study or work
- Losing interest in, or not being able to do things that you usually enjoy (e.g. sport)
- Changed relationships with family, partners or friends

- Lost relationships or friendships
- Withdrawing from others or feeling socially isolated
- Mood changes including low mood, anxiety, persistent worry or sadness, irritability, impatience, lashing out or frustration
- Not knowing what to do next.

There are lots of changes described in this section. You may be experiencing a few, some or many. The good news is there are strategies that can help you to manage. The most important thing is to talk to your oncologist, GP or healthcare team about any changes you experience. See *Strategies and Support* pg. 57.

Did you know...



Up to 90% of people who have received radiation therapy and 80% of those who have received chemotherapy experience fatigue.

Did you know...



Over time, many people report positive effects of their experience with cancer including new possibilities, relating better to others, a sense of personal growth and a new appreciation for life.


MORE INFORMATION: USEFUL LINKS AND RESOURCES

- Your Healthcare Team
- Your local Youth Cancer Service
- Your GP
- **See Appendix B:** *Useful Links and Resources* pg. 70.

Are you anxious, moody, happy, freaked, angry, fragile or optimistic?

Mostly I feel
anxooddy hapfreaky
angfragistic.





ALL
Where to start?

ABOUT
What you want to do?

YOU

Focusing on you, your life, goals and priorities is important. Some people will have these sorted, but what if you don't know what you want to do? This section is designed to help you to think through and identify what's important to you and how you might stay connected to school, study, work or life. The guide at the end of this section can help you to identify your needs, goals, priorities – and the next steps.

WHAT ARE YOUR NEEDS?

Understanding how you're feeling, where you are at and what you need is the first thing to do. It may be useful to consider your needs across the following areas.



- **Physical needs:** fatigue, mobility, pain, hair changes, weight, tiredness
- **Cognitive needs:** learning, remembering, concentrating, time management
- **Emotional needs:** low mood, anxiety, worry, sadness, lack of motivation, fatigue
- **Social needs:** participating in school, study, work, activities and relationships
- **Practical needs:** housing, money, legal stuff, travel, insurance
- **Learning needs:** learning, memory, managing time, managing in the classroom.

WHAT'S IMPORTANT TO YOU?

To work out your goals and priorities it's important to identify what matters in your life right now. These questions may help:

- What makes me smile or makes me happy?
- What do I love to do?
- What do I want to focus on?
- What are my goals?
- What are my priorities?
- What do I want to achieve?
- What do I not want or not like to do (sometimes this is easier to figure out!)
- What can I manage right now?

Everyone's goals and priorities are different, but you might think about:

- Friends, family and partners
- Health
- School and study
- Work
- Music or art, sport or dance
- A sense of contribution
- Having fun
- Experiencing new things.

WHAT, WHO, WHERE

What are my strengths?	
What are current limitations for me?	
What questions do I have?	
What do I need to know?	
Who can I talk to?	
Where can I go for more information?	
Other	

PERSONAL GOALS AND PLANS

School or study	
Work	
Sports/ hobbies	
Friends or partners	
Family	
Health	
Other	

WHAT NEXT?

Once you've figured out your goals and priorities, it's important to think about what you need to do to make them happen. Some things that can help:

- Take your time and be kind to yourself
- Identify your strengths and limitations
- Identify supports that may be helpful (e.g. friends/family/healthcare team/GP)
- Talk to people who are doing what you want to do
- Explore your options
- Don't be afraid to ask for help – there's no such thing as a stupid question!

Knowing how to advocate for yourself and your needs is really important. It gives you the best possible chance of accessing the help, information and support that's right for you.

(See *Strategies and Support* pg. 57).

Tips and Tricks



- You may not be able to identify all the things you need, or the things that matter to you all at once, so take your time
- Your lists will probably change over time too
- Don't limit yourself by thinking things are too hard – you don't know until you try
- Believe in yourself, your values and your abilities
- Think about what really matters here and now
- Dream big.

MORE INFORMATION: USEFUL LINKS AND RESOURCES

- Friends and family
- Your local Youth Cancer Service
- Your healthcare team
- **CanTeen:** Education and Career Support Consultants provide assistance for adolescents and young adults to get back on track with school, study or work
- **See Appendix B:** *Useful Links and Resources* pg. 70.





SCHOOL,

There are lots of options...

STUDY

...to get back on track

& WORK

School, study and work are really important parts of life, for learning and earning a sense of achievement, contribution, social activities and making friends. They can be rewarding but they can also be hard to manage at the best of times. There are lots of options and supports available to help you get back on track.



EVERYONE'S EXPERIENCE IS DIFFERENT

In terms of the effects on school, study and work, everyone's experience is different. Some people can remain engaged throughout treatment...

"It feels good to do something (school, study or work) on treatment if you can. It feels like you are doing something, not just sitting around."

For others it's not this simple...

"Again I withdrew from the course...I was really disappointed – why can't I go back to study? I thought no, you have to think about another option."

Some find the school system is helpful, flexible and supportive...

"My school was very good for the most part. The careers advisor, she was the one who was helping me with everything...I found people I liked."

"A lot of my teachers were fantastic in that they would give me assessments appropriate for what I was dealing with."

Some people don't know where to start to re-engage with school, study or work...

"You go oh...I don't know, I don't know where to go!"

Sometimes there's information overload, especially at the beginning...

"I was told about a lot of things very early on and it was so quickly pushed to the back of my mind and it was just another thing that I was told...this is available for you, this is available for you, this is available for you but also you've got to have a blood test...it's just so much..."

Some people think that they don't need help. But this can change over time...

"Na, na I don't need it, I'm fine... then when I got to Year 12 I thought mmm...I should probably get some help."

Others think that by accepting support, it may take away support from other people (this isn't the case!)

"I shouldn't be using these resources that I don't need...Someone else could use this better than I could."

LEARNING FROM EXPERIENCE: IMPORTANT THINGS TO KNOW

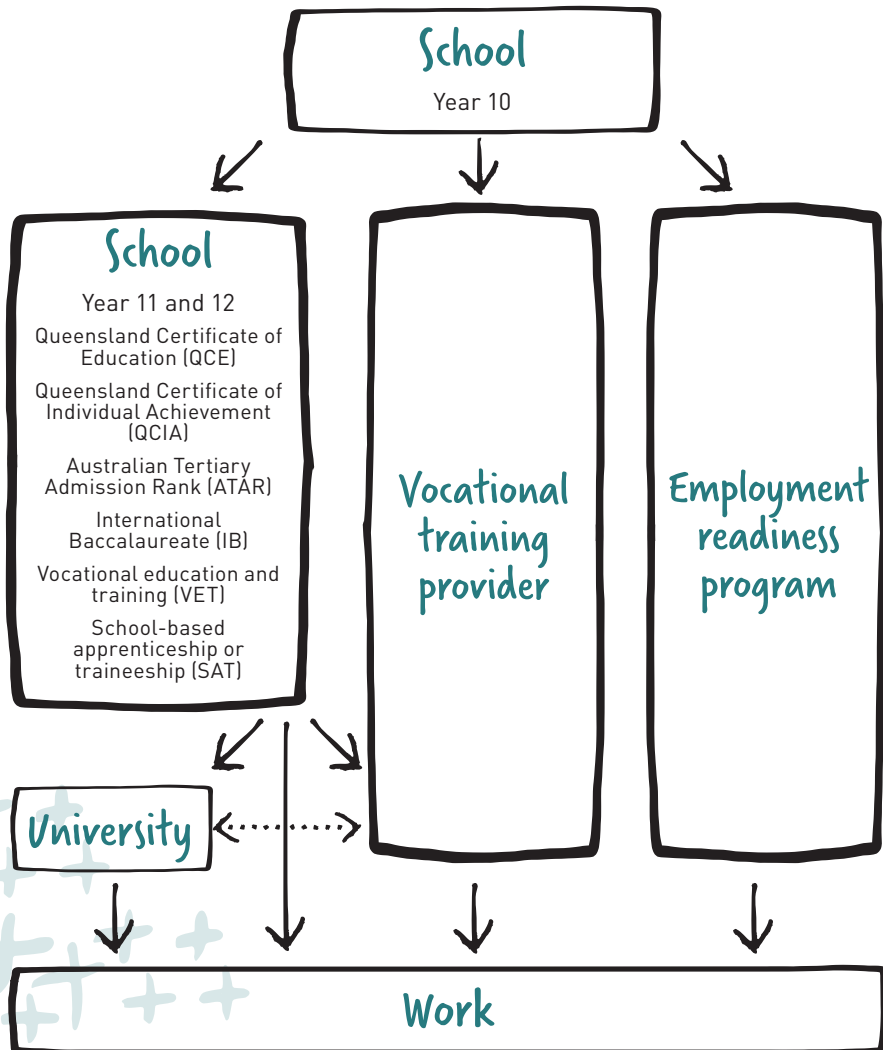
Regardless of your situation, help and support are available to everyone. Getting support as early as you can (even if you don't need it straight away) means that you will already have a relationship with people and services that can support you. It also means that you've got back-up options there if you need them. It may even mean that you're told about other supports and options that you wouldn't otherwise know about.

"I recommend engaging as early as you can because you might not find yourself engaging every week or every month during treatment but you've already set up a relationship and a rapport with the service and you're familiar, so when you do go oh, hang on, I'm ready, it doesn't then take four weeks to get in to see that person and your motivation has to be kept up for four weeks while you're waiting."

"(The Youth Cancer Service) provided support in all senses of the word, financial support, emotional support, for my family...the connections I have made with people, other young people and the staff."

OPTIONS AND PATHWAYS

Whatever life throws your way, there are lots of options available for school, study and work. Knowing which one is right for you will depend on your goals, priorities, interests and needs. There is no right or wrong – everyone’s path will be different. The options for Queensland students are presented here. These are good to know because in Queensland it is compulsory to be participating in education or training until you are 17 years old. For options in other states (See *School* pg. 30):



QUEENSLAND SCHOOL, STUDY AND WORK OPTIONS

<p>QCE</p>	<p>Internationally recognised senior schooling qualification. Students can choose from a wide range of learning options to suit their interests and career goals. Subjects and courses may provide credit towards attaining your QCE. A minimum of 20 credits from approved subjects and courses is required. Options include:</p> <ul style="list-style-type: none"> → QCAA General and Applied subjects → Vocational education and training (VET) courses → School-based apprenticeships and traineeships → QCAA Short courses → QCAA Recognised studies → International Baccalaureate 	<ul style="list-style-type: none"> → Students can continue to work towards achieving their QCE for seven years after they finish Year 12. → Options available depending on goals, priorities, interests and learning needs. → A combination of QCAA subjects and VET may contribute towards an ATAR which is used for University entry. → VET courses can be completed at school or through external VET providers e.g. TAFE
<p>QCIA</p>	<p>The Queensland Certificate of Individual Achievement (QCIA) recognises the achievements of students who are on individualised learning programs.</p> <p>Provides students with a summary of their skills and knowledge that they can present to employers and training providers.</p>	<ul style="list-style-type: none"> → To be eligible to study a QCIA the student must meet eligibility requirements and be nominated by their school principal.

Vocational Education and Training Providers (VET)	<p>VET courses build practical and professional skills that help students to achieve their potential and progress in their chosen field.</p>	<ul style="list-style-type: none"> → Adult learning environment → Autonomous → Range of work and study options → Flexible study options → Support options available <p>https://desbt.qld.gov.au/training</p>
University	<p>Degree level qualifications offered at undergraduate, Honours, Masters or PhD level. You can complete as many or as few subjects as you like each semester within the requirements of the degree you undertake.</p>	<ul style="list-style-type: none"> → Adult learning environment → Autonomous → Flexible study options and modes (online and on campus/in person) → Can be completed over time → Support options available
Work	<p>A job that provides experience and the ability to earn money</p>	<ul style="list-style-type: none"> → Depending on your interests and experiences there are options for casual, part-time or full-time work → Earns you money!

MANAGING YOUR RETURN TO SCHOOL, STUDY OR WORK

It's normal to feel a bit uncertain about getting back into school, study or work. Common worries include:

- How to keep up with school work or meet academic requirements
- How to develop new routines and manage new systems
- How to fit back in, changed friendships, being left out or being bullied
- How to tell other people, people not understanding, or facing awkward questions
- Being the centre of attention, or people staring
- How to manage stress
- Getting sick again.

MORE INFORMATION: USEFUL LINKS AND RESOURCES

- Your local Youth Cancer Service
- **Headspace Work & Study program** supports young people aged 15 – 25 who are finding their mental health makes it harder to engage in work or study or whose work & study situation is impacting their mental health.
<https://headspace.org.au/work-and-study-support/>

- PaTH Internship Program
<https://jobsearch.gov.au/path>
- Transition to Work Program
<https://jobsearch.gov.au/transition-to-work>
- Australian Apprenticeship Support Network (AASNs)
<https://www.australianapprenticeships.gov.au/about-aasn>
- Centrelink
<https://www.servicesaustralia.gov.au/individuals/centrelink>
- Skilling Queenslanders for Work (SQW)
<https://desbt.qld.gov.au/training/community-orgs/funded/sqw>
- School Community Industry Partnership (SCIPS):
<http://www.scips.org.au/>
- Volunteering Queensland
www.volunteeringqld.org.au
<https://www.volunteer.com.au>
- Government Job Hub
<https://www.dese.gov.au/covid-19/jobs-hub>
- Youth Employment Program (YEP) Aboriginal and Torres Strait Islander young people
<http://www.datsip.qld.gov.au/programs-initiatives/youth-employment-program>
- Group Training Organisation (GTO's)
<https://www.australianapprenticeships.gov.au/>
- Your healthcare team
- **See Appendix B: Useful Links and Resources** pg. 70.





SCHOOL

More than just an education

Getting back to school as early as you can is really beneficial. School can help you stay connected with friends and other young people, give you something to focus on, and give you a sense of achievement.

"I was half-way through Year 11 when I was diagnosed. I got a lot of work done for school while I was there (at hospital), even though I really didn't feel like it."

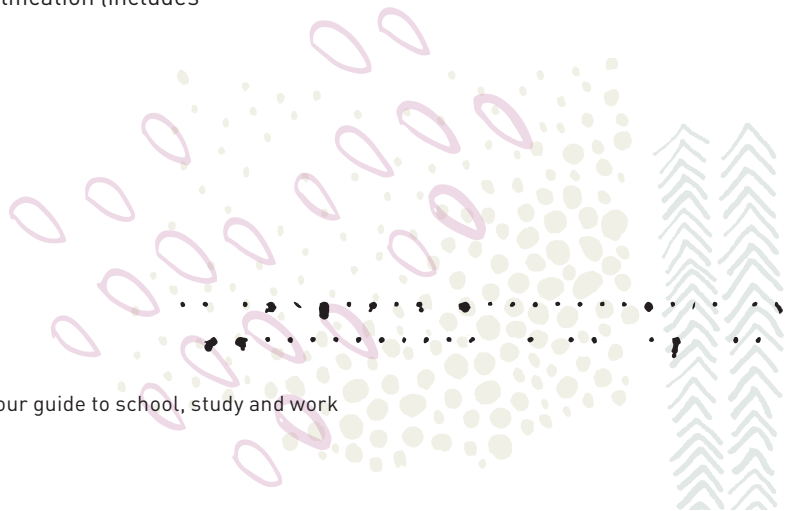
PATHWAYS AND LEARNING STYLES

In Australia, you must be in full-time (that is, at least 25 hours a week) education, training or employment, or a combination of them, until you turn 17. The two main pathways through Years 11 and 12 at school in Queensland are QCE and QCIA. Options for each state are provided below. Learning styles and strengths vary from person to person. Your individual learning style, strengths and weaknesses, combined with your goals, interests and priorities will determine the pathway that you take. If your strengths or limitations change over time, the pathway that you take may change too. That's ok, it's just about figuring out the right next step.

School options by state

- **Australian Capital Territory**
Year 10 Certificate/ACT Senior Secondary Certificate and Record of Achievement/Tertiary Entrance Statement/Statement of Achievement/VET Certificates.
- **New South Wales**
Record of School Achievement (ROSA – can be obtained if one has left school prior to year 12 and completion of HSC)/Higher School Certificate (HSC) – year 12 qualification (includes VET options).

- **Northern Territory**
NT Certificate in Education and Training (NTCET – Year 12).
- **Queensland**
Queensland Certificate of Education/ Queensland Certificate of Individual Achievement/Vocational Training Providers.
- **South Australia**
South Australian Certificate of Education (Year 12)/Special Provisions/SACE International (South Australian Matriculation Program) – an internationally recognised one year pre-university program.
- **Tasmania**
Tasmanian Certificate of Education/ Post-Compulsory Qualifications/ Senior Secondary Equivalent Qualifications (equivalence for other states, territories and countries).
- **Victoria**
Victorian Certificate of Education (VCE)/Victorian Certificate of Applied Learning (VCAL).
- **Western Australia**
WA Certificate of Education (WACE)/ Gifted and Talented Programs.

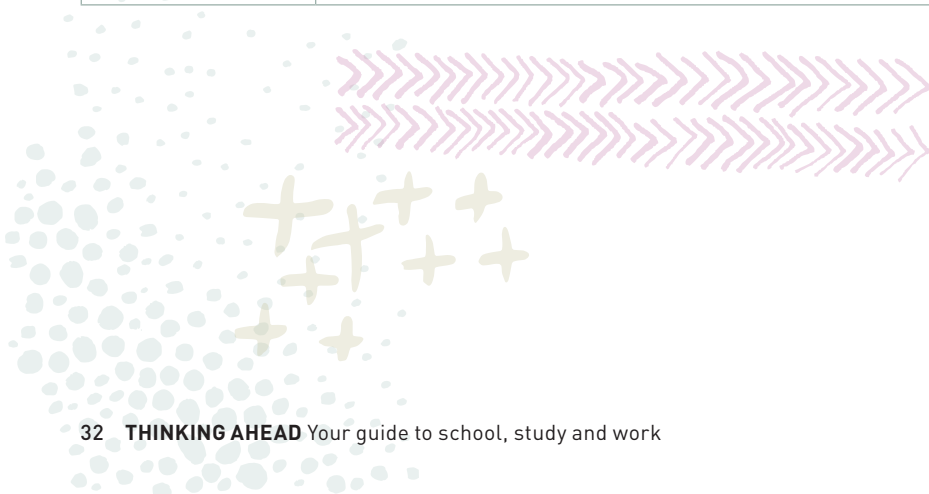


YOUR RIGHT TO EDUCATION AND AVAILABLE SUPPORT

Legally, schools and staff have a responsibility to assist with ongoing education for all students. This means lots of support is available!

School support	Description
Individual pathways/plans	<p>These are developed between you and the school to ensure that your needs are met. They may include the following considerations:</p> <ul style="list-style-type: none">→ Meeting physical needs (i.e. how you get around, where you sit, where your locker is, discuss uniform requirements with your school)→ Reducing school days or flexible days→ Planning for rest breaks→ Assisting with study in hospital or at home→ Catching up with additional classes and tutoring→ Having someone to help with writing, reading or learning→ Using technology to help learning→ Modifying information provision (visual, verbal, written etc.)→ Modifying workload, assessments and exams→ Having extra time or modified deadlines→ Considering how progress and change will be communicated→ Considering how to tell and educate other people at school→ Accessing assessments to identify your strengths, limitations and learning needs so that adequate support can be put in place (e.g. cognitive psychology assessments).→ Accessing external referrals for support.

School support	Description
Access Arrangements and Reasonable Adjustments (AARA)	<p>→ Students who have medical conditions or experience other circumstances that may be a barrier to their performance in assessment should talk to their school about applying for Access Arrangements and Reasonable Adjustments (AARA).</p> <p>For example you may be granted an extension, additional time, a change in venue for an examination, or a scribe.</p>
Redkite education grants	<p>→ Redkite provides grants of up to \$1,000 to help young people up to the age of 18 achieve their study and work goals. These are available for up to two years after treatment ends and can be used for expenses such as:</p> <ul style="list-style-type: none"> • Tutoring or coaching • Course fees • Classroom support • Materials and equipment such as books and laptops • Trades/licenses.
Ronald McDonald House Charities Learning Program	<p>→ The Ronald McDonald Learning Program assists school-aged children with serious illnesses and injuries to catch up on missed education following treatment and recovery. Providing a suite of educational support services, including therapy sessions and one-on-one tutorials with experienced teachers.</p>



Did you know...



Your Principal can approve a flexible program of study to support you to manage Year 10, 11 and 12.

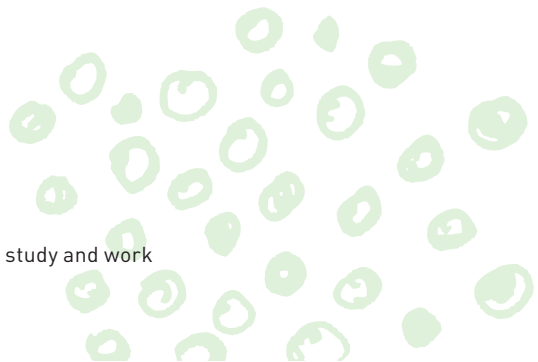
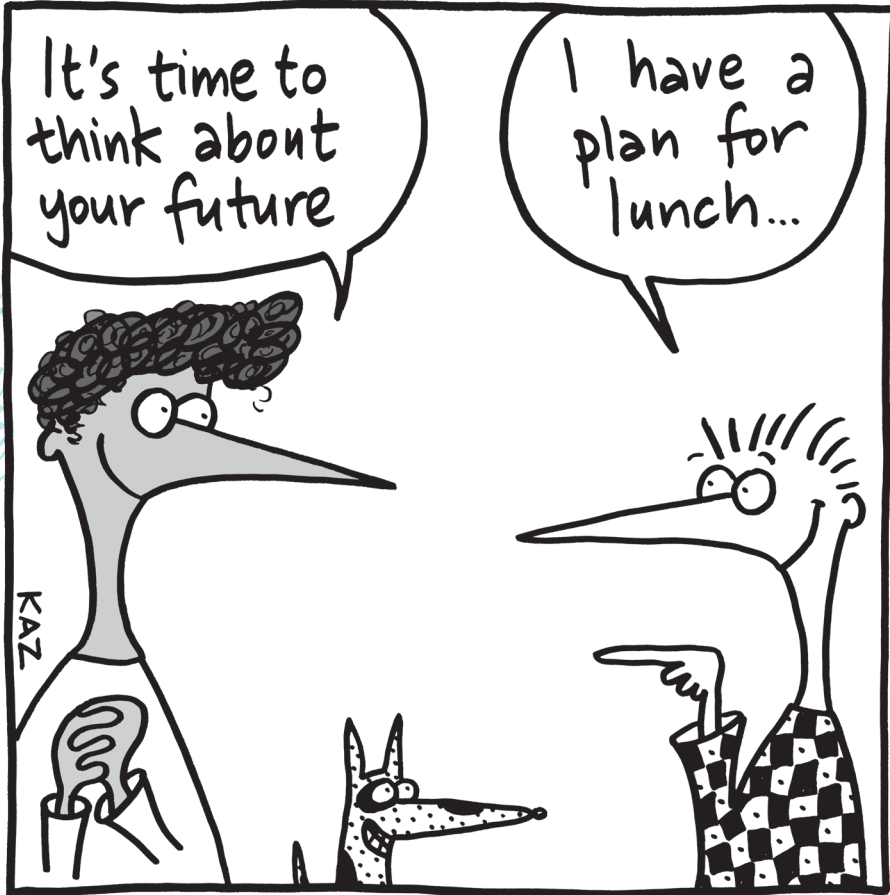
MORE INFORMATION: USEFUL LINKS AND RESOURCES

- Your school
- Your local Youth Cancer Service
- **MyFuture** is Australia's National Career Information Service. It assists young people with career planning, career pathways and work transitions.
- Department of Education <https://education.qld.gov.au/>
- Queensland Curriculum & Assessment Authority www.qcaa.qld.edu.au
- **See Appendix B: Useful Links and Resources** pg. 70.

Tips and Tricks



- Try to remain engaged with school as much as you can or re-engage as quickly as you can
- Identify a key contact at your school (e.g. Year Coordinator, Guidance Officer, Youth Health Nurse, favourite teacher) as the main person to ask questions, access information and share information with other teachers
- Find out your options and about what supports are available to you
- Consider alternative pathways, depending on what else you are having to manage – there may be more opportunities than you know
- Be kind to yourself.
- Your school can help you to explore future opportunities and pathways (such as developing a plan for returning to school, a plan for senior secondary and beyond). You may want to consider the possibility of engaging in work experience to try out different careers.





VOCATIONAL

Decide the best option

TRAINING

for you

PROVIDERS

Vocational Training Providers offer a huge variety of courses and study options for people over 15 years old. Vocational Training Providers offer options for completing school, TAFE, apprenticeships or traineeships and further education in the form of Certificates, Diplomas or Advanced Diplomas. These courses can be really flexible and can carry you right from learning foundation skills, into university or work.

<https://www.qld.gov.au/education/further-ed/vet>

PATHWAYS

There are various vocational education and training pathways and levels of qualifications offered, with criteria for entry into each qualification. These differ by length, course requirements and fees. You can work your way up, depending on what you want to do. Course advisors at school and Vocational Training Providers can help you decide on the best option for you.

“I think I’ll just end up, if I want to study, just bridging from TAFE or going to uni as a mature age (student).”

Vocational Training Providers Study Options	Description
Certificate	<ul style="list-style-type: none"> → Levels I (foundation) to IV (advanced) are available → One–three years to complete → Cert I and II aim to provide a pathway to further study → Cert III & IV aim to provide: <ul style="list-style-type: none"> • Alternative high school equivalent • Job ready/progress into the workforce • University
Apprenticeships or traineeships	<ul style="list-style-type: none"> → Offers both paid work and structured training in a trade or workplace skill → Traineeships are usually 1 – 3 years → Apprentices are usually 3 – 4 years → Apply to a range of (over 500) vocations (e.g. hairdressing, plumbing, carpentry, florist, electrician and many more).
Diploma and Advanced Diploma	<ul style="list-style-type: none"> → Gain advanced skills and a higher education qualification → Usually one–two years to complete → Offered across a wide range of subject areas
Degrees	<ul style="list-style-type: none"> → Some Vocational Training Providers offer degree options too.

AVAILABLE SUPPORT

Vocational Training Providers support	Description
Support services	<p>Vocational Training Providers are all different but they have a range of support services. The key is to find out the details of the support service at your Vocational Training Provider and register with them as soon as possible – preferably when you enrol. Finding a point of contact straight away is important. It means that when you need help it will be there. Support services can include:</p> <ul style="list-style-type: none"> → Student supporter services (called different things at different Vocational Training Providers) can assist with developing individualised support plans, which may cover: <ul style="list-style-type: none"> • Meeting physical needs (i.e. how you get around, where you sit, where your locker is, access etc.) • Assisting with study in hospital or at home • Providing options for catch up classes and additional tutoring • Having someone to help with writing, reading or learning • Using technology to help learning • Modifying information provision (visual, verbal, written etc.) • Modifying workload, assessments and exams • Having extra time or modified deadlines • Considering how your confidentiality may be respected • Accessing assessments available to support learning and identify strengths and limitations so adequate support can be put in place. • Meeting cultural needs for Aboriginal or Torres Strait Islander students → Academic skills or learning skills units → Support call centres and student support workers → Course and career advisors or job and skills centers



Vocational Training Providers support	Description
Support services (cont.)	<ul style="list-style-type: none"> → GP clinics → Counselling services
Special Consideration	<ul style="list-style-type: none"> → Special considerations are also available depending on your course and circumstances. These can relate to assessments, exams and revised scores or grades.
Charlie Bell scholarship	<ul style="list-style-type: none"> → Provides financial assistance toward vocational or tertiary studies for people aged 15–20 who have experienced serious illness. These are one-off grants of up to \$5,000 that can assist with fees, apprentice tools, books or supplies for study. Applications close 30 September each year.
TAFE QLD – up to \$5,000	<ul style="list-style-type: none"> → Merit scholarships – achieved outstanding academic merit and / or demonstrated strong work performance & desire to secure ongoing work in the industry they have applied for the scholarship. Paid direct to off-set course fees. → Access & Equity – demonstrate genuine interest in and commitment to chosen career and identify themselves as Aboriginal and Torres Strait Islander descent, have a disability or medication condition or illness, long term unemployed etc: <ul style="list-style-type: none"> • Must be a current TAFE QLD student or prospective student intending to enrol for next period of study. • Applications close end of August annually. <p>https://tafeqld.edu.au/</p>
Redkite and Coles Dare to Dream Scholarships	<ul style="list-style-type: none"> → Provides annual scholarships of \$2,000 or \$5,000 for young people who have cancer, or cancer survivors, to help with a range of expenses related to: <ul style="list-style-type: none"> • Sports • Art and Music • Course Fees • Textbooks • Equipment for study and work → Applications open each Winter

MORE INFORMATION: USEFUL LINKS AND RESOURCES

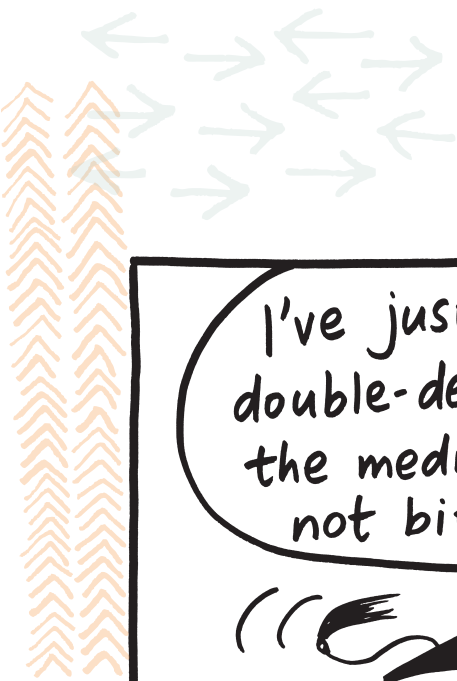
- Your local Vocational Training Provider Support Services
- Your local Youth Cancer Service
- **Headspace Work & Study program** supports young people aged 15 – 25 who are finding their mental health makes it harder to engage in work or study or whose work & study situation is impacting their mental health.
Tel: 1800 650 890
<https://headspace.org.au/work-and-study-support/>
- **See Appendix B: Useful Links and Resources** pg. 70.

Did you know...

There are over 45 TAFE institutions throughout Australia that offer hundreds of course options!

Tips and Tricks

- Identify appropriate support at your Vocational Training Provider and enrol with support services as early as you can – preferably when you enrol to study. That way, support will be there if you need it in the future (even if you don't think you need it!)
- A contact at your Vocational Training Provider can be useful for asking questions, accessing information and sharing information with others for you
- Find out your study options
- Consider your study load. It may be worth starting with a lighter load (fewer subjects) than you think you can manage and working up so you don't set yourself up at the beginning for something that is too tough to manage
- Be kind to yourself.



I've just passed my double-degree in negotiating the medical world while not biting anyone ...





UNIVERSITY

Access to a whole new life

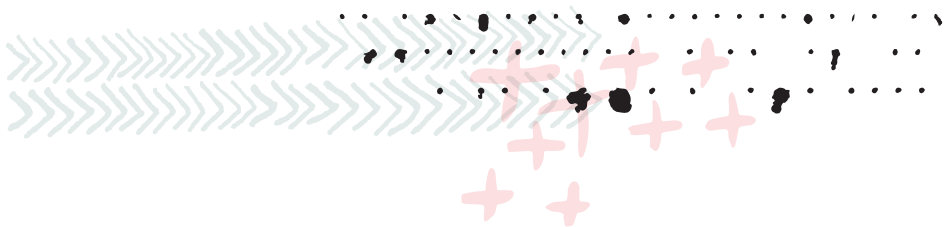
There are over 40 universities in Australia that offer degrees across more than 80 fields of study. University study is really flexible and it can be a great option if you're not 100% sure about your future career path, but you know what you're interested in. It can also be very focused depending on the field you choose. Degree qualifications are essential for certain professions. Entry into university is determined either by the Year 12 entry score (e.g. the Australian Tertiary Admission Rank or ATAR) or by alternative entry pathway programs. University also offers access to a whole new social, sporting and creative life.

"My mum and dad keep telling me that they remember sitting down with the doctors saying this kid will struggle through secondary school. And now I have a master's degree."

PATHWAYS

The levels of qualification offered through university are described below. You can usually enrol in as many or few subjects as you want, or think you can manage each semester. There may also be online study options available. There are course advisors at school, vocational training providers and university who can help you decide on the best option for you. Or, if you're not sure where to start, it may be worth attending a university Open Day to find out what's on offer.

Qualification	Description
University entry	<ul style="list-style-type: none">→ University entry score (e.g. ATAR)→ Alternative entry pathway programs→ Special consideration available (e.g. QTAC's Educational Access Scheme [EAS]).
Undergraduate or Bachelor Degrees	<ul style="list-style-type: none">→ The usual starting point for those wanting to study at university→ Usually three–four years to complete→ Good stepping stone to work or further post-graduate study→ Usually comprise a major (main course of study directly related to the field of work you want to enter) and a minor (less of a focus but may complement the major).
Post Graduate Qualifications	<ul style="list-style-type: none">→ Certificates or Diplomas (usually one year to complete). Additional study in a specific area→ Masters (usually two years to complete). Very focused on a specific area of study and research in a specific field→ PhD (usually four years to complete). Very focused on a specific area of research in a specific field.



AVAILABLE SUPPORT

“Sometimes I’m like, listen, I can do everything! And then I get to week three and then there is an assignment due back to back for four weeks and I really can’t do this but then it says in the uni guide, oh, you have to notify people up to two weeks in advance that you need an extension...so what I had to do sometimes was to do the extensions for the assignments that were due weeks in advance.”

Support	Description
Support Services	<p>Universities have a range of support services. The key is to find out the details of the support service at your university and register with them as soon as possible – preferably when you enrol! Finding a point of contact straight away is important. It means that when you need help it will be there. Some support services include:</p> <ul style="list-style-type: none">→ Disability Liaison Units (which can also be called quality/diversity/equity/access support – they all have different names and the name may not ring true for you but the services will help!). They can arrange learning support plans for you which may consider:<ul style="list-style-type: none">• Physical needs (i.e. how you get around, access etc.)• Assisting through having someone to help with writing, reading or learning• Using technology to help learning• Modifying workload, assessments and exams• Having extra time or modified deadlines• Tutoring• Accessing assessments available to support learning and identify strengths and limitations so adequate support can be put in place.→ Course and career advisors→ GP clinics→ Counselling services→ Financial aid services

Support Services (cont.)	<ul style="list-style-type: none"> → Housing support → Learning skills or academic skills support units → Workshops → International student support.
Special consideration	<ul style="list-style-type: none"> → Special consideration is available for: <ul style="list-style-type: none"> • University entry • The Queensland Tertiary Admissions Centre's Educational Access Scheme can provide you with special consideration for entry into university courses if you have experienced circumstances, such as personal illness, that negatively affected your most recent studies. The university you are applying for may also offer additional adjustments to help you gain entry to courses. • Coursework and exams • Special consideration for assessments, workload and deadlines determined by the university and lecturer/course coordinator and can best be advocated for through the support services at the university (i.e. Disability Liaison Units) • Exams scores may be derived.
Good Universities Guide	<ul style="list-style-type: none"> → The Good Universities Guide is a national website that can assist with searching for scholarships, finding courses and submitting applications. It also has a search option for "Physical, medical, psychological or learning difficulties" to assist students to find scholarships specifically designed to support them. https://www.gooduniversitiesguide.com.au/scholarships
Charlie Bell scholarship	<ul style="list-style-type: none"> → Provides financial assistance toward vocational or tertiary studies for people aged 15–20 who have experienced serious illness. These are one-off grants for up to \$5,000 that can assist with fees, apprentice tools, books or supplies for study. Applications close in Quarter 4 of each year.

"Before returning to uni, I told a couple of friends in my course about my diagnosis and treatment. It's helpful to have someone who knows what's going on if you're struggling or need a little extra support sometimes. It also meant that they wouldn't freak out or make a fuss when they saw that I'd lost my hair. On my first day back, one of them met up with me before class so that we could walk in together which made me feel a bit more comfortable amid the stares."

Tips and Tricks



- Identify appropriate support at your university and enrol with them as early as you can – preferably when you enrol. That way support is there if you need it in the future (even if you don't think you need it now!).
- Find out your study options
- Consider your study load. It may be worth starting with a lighter load (fewer subjects) than you think you can manage and working up so you don't set yourself up at the beginning for something that is tough to manage
- Be kind to yourself.

MORE INFORMATION: USEFUL LINKS AND RESOURCES

- Your local Youth Cancer Service
- Your university support services
- **Headspace Work & Study program** supports young people aged 15 – 25 who are finding their mental health makes it harder to engage in work or study or whose work & study situation is impacting their mental health.
Tel: 1800 650 890
<https://headspace.org.au/work-and-study-support/>
- **See Appendix B: Useful Links and Resources** pg. 70.

I think I might need a more flexible working arrangement ...



KAZ



WORK



Get back to routine and daily life

Work is about earning money, financial security and independence. It can also provide a sense of contribution, self-worth and quality of life. Returning to work or starting a new job can help you get back into a routine and daily life. Although this can be daunting, it helps to know that there are options available and to understand your employment rights.

“With work there’s always these big health certificates about ability to work. I think I’m ok but I’m not sure what I need to put down in here. I don’t know what information I need to give.”

LEGAL STUFF: RIGHTS AND RESPONSIBILITIES

Disclosure

It's **not compulsory** for you to tell your employer, colleagues or future employers about your cancer experience. It's also good to know that potential employers cannot ask about medical diagnoses in job interviews. However, you do have obligations to tell your employer if cancer or treatment will affect your ability to do the essential requirements of the job. You're also obliged to tell them if your illness could reasonably cause a health and safety issue for you or others. Telling your employer (at least enough to meet your obligations) has other benefits:

- They can be more understanding, supportive and accommodating about your needs
- It can be more easily explained if you need to take personal or sick leave
- It can help you to work through any misunderstandings openly
- It can help you to reduce any stress associated with not being up front at the beginning.

Most employers will be understanding and make allowances if needed. Not being up front with your employer can have implications for worker's compensation (if it's required). It's worth knowing that if your employer requires a medical certificate, your doctor just has to confirm in writing that you're unwell. They don't have to say that you have or have had cancer.

Privacy

Your employer requires your consent to tell other people about your health unless it poses a severe health risk to you or others. If you believe your personal information has been shared without reasonable cause and without your consent, first talk to your employer. You can also seek advice from the Office of the Australian Information Commissioner in your state or territory (**see Appendix B: Useful Links and Resources** pg. 70).

Discrimination

It's against the law for your employer to discriminate against you because of your health. This includes being disadvantaged in the workplace, harassment, bullying, intimidation or exclusion. Discrimination can occur in two ways. It can be direct – where you are treated less favourably because of your situation. Or it can be indirect – where a policy, rule or practice disadvantages you because of your situation.

"It's hard to claim that (discrimination) if you don't tell them...so I'm sort of at that point now where I'm like, well if I don't tell you and something happens at work and it's because I didn't concentrate or I miss something...it's kind of my fault because I didn't tell you."

Reasonable adjustments and flexible working arrangements

Under National Employment Standards you have the right to ask for flexible working arrangements. Under discrimination laws, employers are also required to make 'reasonable adjustments' to ensure that you are not at a disadvantage compared to other people in the workplace. This is unless the adjustments are likely to cause 'unjustifiable hardship' to the organisation. 'Reasonable adjustments' may include:

- A phased return to work
- Flexible working arrangements (e.g. from the office and home)
- Time off for appointments or treatment

- Extra breaks to manage tiredness and fatigue
- Flexible duties or temporary duties
- Ensuring that the environment meets your needs (such as changes to the workplace or the use of technology to assist you in your work).
- Access to workplace support systems that may include: employee assistance programs (EAP), counselling or mentoring.

GOING BACK TO WORK

Going back to work can be a really big step. Giving yourself plenty of time to prepare can make returning to work feel less overwhelming. There are some things that can help with the process, including developing a Return to Work plan that can be flexible and allow you to ease in. It will probably be useful to meet with your employer before you to return, to discuss:

- Your needs and capacity
- Your role and its demands
- Telling others. How this will be done, what you want to share (and what you don't want to share) and how your confidentiality will be respected
- Return to Work or Disability Management Plans, which may consider:
 - The planned date of return to work
 - The time period of the plan
 - Flexibility (e.g. your health and capacity, work days, time able to work, time off required for appointments or treatment etc.)
 - Phased or staged return to work
 - Specific restrictions on your role or recommendations as stated by your healthcare team
 - Physical, environmental and technological supports required (chair, physical modifications etc.)
 - Details of the people responsible for monitoring the progress of the plan
 - Planned follow up meetings.

- You may find it helpful to provide a letter from your oncologist or healthcare team outlining any impacts on work if you want to disclose this level of information.

"My boss and I decided together that it would be helpful for her to briefly let my colleagues know why I had taken some time off work. I appreciated that they were prepared in this way when I was able to go back to work, because everyone was really supportive and it meant that I avoided a lot of awkward questions!"

It's also possible that your career plans and priorities may have changed as the result of your cancer experience. In this case, you might be looking at starting a new job!

Did you know...



Today, people in Australia have an average of 17 jobs in their lifetime and five careers! So, it's perfectly ok not to know everything about what the future will hold right now!

GETTING A NEW JOB

Whether you're looking for your first job or want to make a change, there are many options available. Take your time to work out what is right for you. If you're qualified for a job and physically able to do the work required, your health history shouldn't affect your ability to get the job. It's also good to know that potential employers cannot ask about any medical diagnoses in interviews. However, it's common to be concerned about explaining health-related gaps in your CV. Some recommendations:

- Keep explanations for gaps simple and straightforward. Some people chose to call this a 'career break' while others say that it was related to a health issue that is now resolved
- Think about what you'll say if asked about a gap and how you'll respond to questions
- You may find it helpful to provide a letter from your oncologist or healthcare team outlining any impacts to work.

Keep in mind that job searching can be stressful and occasionally discouraging for everyone. Taking your time, being kind to yourself and taking one step at a time can boost your self-confidence and help you stay positive.

"With study you can just have a case worker or a liaison or an education and vocation person... but when it comes to a job you can't really send that person in for a job interview..."

MORE INFORMATION: USEFUL LINKS AND RESOURCES

- Your employer, boss or workplace HR department
- Your local Youth Cancer Service
- **CanTeen:** Education and Career Support Consultants provide assistance for adolescents and young adults to get back on track with school, study or work
- **See Appendix B:** *Useful Links and Resources* pg. 70.
- Employment service providers deliver recruitment services that are tailored to the needs of job seekers.
- **Job Active:** Connects job seekers and employers through a free recruitment service. Get support with resumes, looking for work and employment preparation programs. <https://jobsearch.gov.au/>
- **Disability Employment Services:** offer more specialised help for people with a disability, injury or health condition to find work. Such as the NDIS School Leaver Employment Program (SLES). <https://www.ndis.gov.au/providers/working-provider/school-leavers-employment-supports-sles>
- **Free Apprenticeships for under 21's:** The Queensland Government provides funding support, by covering the full cost of training in a priority apprenticeship or traineeship qualification – ceases 30 June 2023. <https://freeapprenticeships.desbt.qld.gov.au/>






MONEY,

Financial advice

MONEY,

Assistance and support

MONEY



Money is a common source of stress for many people. People with part time or casual jobs often have less financial security than people with full time jobs. If poor health gets in the way, it can make it even harder. Managing finances can seem daunting, but there is help available. Check out the following local and national organisations for financial advice, assistance and support.

Service	Description
Tools and Resources	There are lots of apps, tools and calculators that help you budget, keep track of your spending, and manage your money (e.g. ASIC's MoneySmart website)
Cancer Councils	Your state Cancer Council can assist with transport and accommodation and can link you with financial counselling and assistance programs.
Centrelink	<p>Centrelink offers a range of financial support options and pensions depending on your circumstance. Talk to your local hospital social worker for more information about what you may be eligible for:</p> <ul style="list-style-type: none"> → Disability payments → Sickness payments → Youth allowance → Mobility allowance → Rental assistance → Healthcare cards
Leukaemia Foundation	Offers help for people with leukaemia, lymphoma, myeloma and related blood disorders. Provides support with accommodation, transport and some financial assistance.
Patient Travel Subsidy Scheme (PTSS)	Financial help in relation to transport and accommodation if you have to travel a certain distance for treatment. Talk to your local social worker for more information.



Service	Description
Queensland Government Home Energy Emergency Assistance Scheme	<p>The Home Energy Emergency Assistance Scheme:</p> <ul style="list-style-type: none"> → is for Queensland households experiencing problems paying their electricity or reticulated natural gas bills as a result of an unforeseen emergency or a short-term financial crisis → is one-off emergency assistance to help with paying your home energy bills → pays up to \$720 once every 2 years. <p>To be eligible, you must be responsible for paying the outstanding bill and meet eligibility criteria.</p>

See Appendix B: Useful Links and Resources (pg. 70) for contact details. You can also talk to your local Youth Cancer Service or social worker for more information.



STRATEGIES

Take time and be kind to yourself

AND

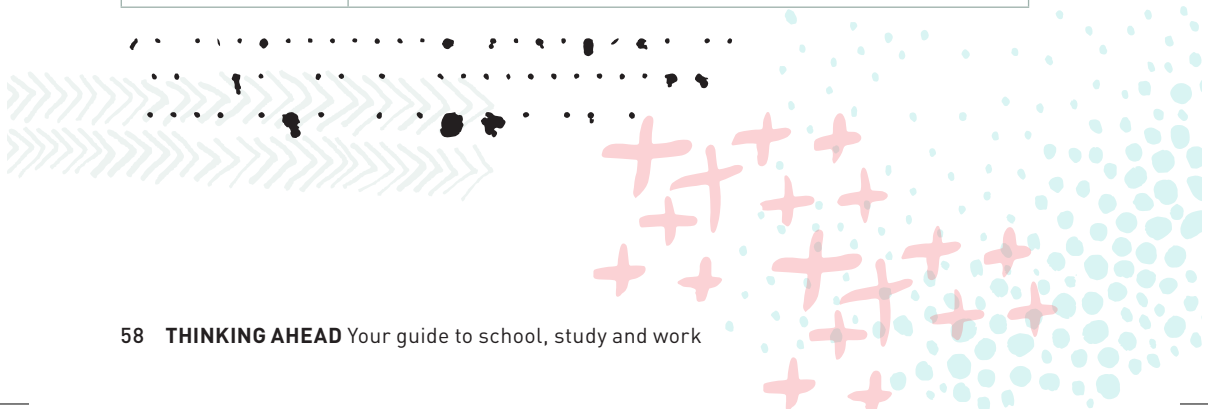
Arm yourself with the facts

SUPPORT

There are lots of strategies to support you, no matter what your situation. Some of these are described here. It is also important to talk to your healthcare team or someone you trust if you have questions or are worried about how you are feeling at any stage.

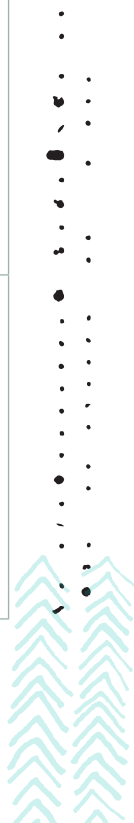
See Appendix B: *Useful Links and Resources* pg. 70.

Important things to know and do	Suggestions
<p>Take time and be kind to yourself</p>	<p>Adjusting after treatment takes time. Be kind to yourself and give yourself time to adjust. The following may also help:</p> <ul style="list-style-type: none"> → Identify your needs, goals and priorities and the activities you can and want to do (See <i>All About You</i> pg. 15) → Set small and manageable goals every day or week → Develop routines → Plan rest breaks in the day → Plan for extra time to complete activities → Keep a diary about what you achieve and how you are feeling so you can track your progress and changes over time.
<p>Managing physical and emotional changes</p>	<p>Thinking about sleep, nutrition, exercise and managing stress or worry is important for physical and mental wellbeing:</p> <ul style="list-style-type: none"> → Use strategies to help you sleep (e.g. going to bed at the same time, reducing screen time before bed) → Try to eat a balanced diet to keep you strong and keep up your energy → Do light exercise regularly, if you can. This may mean a slow, short walk every day. Talk to your healthcare team about a plan for building up your fitness and exercise ability. → Use strategies to manage stress or worry. For example write down how you are feeling, practice relaxation or meditation, practice slow breathing (e.g. count to three on the in-breath and three on the out-breath).



Important things to know and do	Suggestions
Arm yourself with the facts	<p>Information is power! Being able to relay clear information to others ensures that your needs and goals are clear and you can receive any support you need. This may relate to:</p> <ul style="list-style-type: none"> → Your health and medical situation → Your needs, goals and priorities → Options available to you → Available supports and details of your back up team
Communication is key	<p>At some point you will need to talk to others about your experience so they can understand and help. You may also face questions about physical changes, your health or why you have been absent. Being prepared ensures that you feel comfortable. Talking openly can also stop rumours and puts you in control of what other people know.</p> <p>Plan what to say and how to say it. Have a think about:</p> <ul style="list-style-type: none"> → What you want to share. You will want to keep some stuff private and that's ok. Decide what you want to say. This may mean planning it in your head or writing it down → Who you want to tell. You may want to talk to everyone yourself or share what you want to with a trusted friend who can tell others → How you want to communicate. Sometimes a conversation in person may be best but an email, letter or message may be easier → It can also be useful to: <ul style="list-style-type: none"> • Practise telling your story to someone you trust so you get used to saying it out loud • Imagine questions that people may ask. People may say silly things or ask silly questions and it can help to be prepared • Know that you don't have to share anything you don't want to • Know that you don't have to know all the answers. You can always send people to ask someone else you trust • Ask others who have been there for suggestions.

Important things to know and do	Suggestions
<p>Communication is key (cont.)</p>	<p>Communicate with school, vocational training providers, university or work</p> <p>When communicating with organisations it can be helpful to:</p> <ul style="list-style-type: none"> → Identify a key contact as a single point of communication. This should be someone you feel comfortable with and trust. It may be a principal, class teacher, coordinator, disability support officer, counsellor, your boss or someone in human resources. You can negotiate with them what you share and if you choose, they can communicate with others. This can save time and energy → Communicate regularly so everyone is on the same page. This is especially important if anything changes such as your health, treatment, appointments, health risks, impacts and needs → Meeting in person is often useful to ensure that everyone is on the same page. It is a good idea to think about: <ul style="list-style-type: none"> • Who you want to be there with you in meetings • Your needs, and what you want the outcome to be • What you want to say and who will say what. Sometimes having others tell the story helps but you may want to do this yourself • Communicate in writing with others. This means the message is clear and you can keep a record of information shared with others.
<p>How to manage at school, study or work</p>	<ul style="list-style-type: none"> → Plan to re-engage slowly. This may mean a shortened day at school or work or modified tasks or duties. You can take your time and build up slowly → Identify your learning strengths and challenges → Identify how you best learn and remember things. Use this type of information to help you to learn and remember (i.e. visual aids or written information) → Use technology (e.g. online lectures/ photographs/ notes) to support your learning or work



Important things to know and do	Suggestions
How to manage at school, study or work (cont.)	<ul style="list-style-type: none"> → Ask for handouts or take photos of information at work or in class to help you remember → Sit at the front in class or at work to have better access to the information presented → Change activities every 30-40 minutes → Have planned rest breaks (and naps) during the day → Talk to your healthcare team about accessing formal assessments to identify strengths and learning any challenges if additional support is needed (e.g. occupational therapy or cognitive psychology assessments).
Seek support	<ul style="list-style-type: none"> → Identify any changes and impacts as they arise. Write these down so you can talk to your healthcare team about them → Identify a key contact in your healthcare team who you can contact when you have questions → Talk to your oncologist or healthcare team for advice and referrals for support (i.e. referral to a social worker for practical or emotional support, a psychologist for mental health support, a dietician for help with weight and nutrition, or an exercise physiologist for help with managing fatigue and fitness) → At the end of treatment, it can be helpful to ask for a summary of your diagnosis, treatment, and a plan for ongoing care and follow up. This can be a useful resource to give to others to understand your health and care needs → Reach out to someone you trust, ask for help or support from friends or find a local or online support group.
Build your team	<ul style="list-style-type: none"> → Having a back-up team of support people around you who can also advocate for you and your needs can be really helpful! This may include family, friends and people from your healthcare team or local Youth Cancer Service. Professional support and a key contact from your healthcare team can be especially helpful for medical back up and to advocate for your needs.



HOORAY! I JUST BEAT CANCER!
HEY: WHERE DID EVERYBODY GO?





EXTRA

Bibliography and appendices, resources

STUFF

and places to go for more information



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APPENDIX A: GLOSSARY

→ **ATAR**

Australian Tertiary Admission Rank. Provides a ranked score for students as the primary means of entry into university after school

→ **AYA**

Adolescent or young adult. Usually refers to people aged 15–25 years

→ **Cancer**

A group of diseases that are characterised by the multiplication and uncontrolled spread of abnormal cells

→ **Cognitive**

Changes to cognition including thinking, memory

→ **Counselling**

Professional assistance and guidance to resolve personal or psychological problems

→ **Disability Services**

Services at school, vocational training providers or university that provide support to assist with study for people who have a disability or have experienced a health issue. These can also be called Disability Support, Equity and Access, Quality Units etc.

→ **Education and vocation advisor**

A professional advisor who provides information, support and advocacy for you in relation to education and work

→ **Fatigue**

Extreme physical or mental tiredness which results in a reduced capacity to perform as per usual and that can last a long time

→ **GP**

General practitioner or doctor who provides general medical care, mental health care, sexual health care and support

→ **Healthcare team**

Team of healthcare professionals who have cared for you during your cancer treatment. May include your oncologist, nurses, psychologist, social worker, education and vocation advisor

→ **Late effects**

Long term impacts of treatment which can occur five years and longer from the completion of treatment

→ **Learning disability**

Neurological disorders which may result in difficulty reading, writing, spelling, reasoning, recalling and organising information

→ **Learning Support Team (LST)**

A team that supports a student. May consist of the student, parents or family members, teachers, counsellors, medical specialists or healthcare professionals etc.

→ **Oncologist**

Medical professional or doctor who specialises in cancer and treatment

→ **Oncology**

The study and treatment of cancer

→ **Psychologist**

A mental health professional who specialises and provides support for psychological problems

- **QCIA**
Queensland Certificate of Individual Achievement. A Queensland senior schooling qualification which recognises the achievements of students who are on individualised learning programs.
- **QCE**
Queensland Certificate of Education. Queensland's internationally recognised senior schooling qualification.
- **QYAG**
The Queensland Youth Advisory Group is part of the Queensland Youth Cancer Service made up of young people who have experienced a diagnosis of cancer as a patient, sibling or partner.
- **Study Skills**
Support from school, vocational training provider or university providing assistance with academic skills
- **TAFE**
Technical and Further Education. Institutions that provide a range of tertiary qualifications that are predominantly vocational in nature
- **University**
A tertiary education institution that provides undergraduate and post-graduate degree qualifications

- **VET**
Vocational Education and Training. Training focussed on skill development required for specific industries or jobs. TAFE is one of many VET providers in Queensland.



APPENDIX B: USEFUL LINKS AND RESOURCES

Key services, information, resources and support

Queensland Youth Cancer Service

The Queensland Youth Cancer Service is coordinated statewide to provide enhanced support to adolescent and young adults aged 15-25, their families and carers. The service advocates for age-appropriate medical, nursing and psychosocial expertise and collaboration between paediatric, adult and private health services.

07) 3068 4176

www.childrens.health.qld.gov.au/qyccs

Youth Cancer Services

Services in each mainland state of Australia that provides expert multidisciplinary care and support to young people and families including medical support, psychology, social work, education and vocation support and other specialty care.

www.canteen.org.au/youth-cancer

Redkite

Redkite is a national organisation offering free support to children and young people (18 and under) with cancer and those close to them. Support is available from diagnosis, during and after treatment. Services include:

- Information and professional counselling via phone, email and face to face
- Financial assistance
- Education grants
- Bereavement support

1300 REDKITE

1800 733 548

www.redkite.org.au

CanTeen

A national charity that provides information for young people with cancer and their families, peer support and engages in advocacy and research.

1800 226 833

www.canteen.org.au

Other services, information, resources and support

American Cancer Society

Cancer Survivors Network – a community of people who have experienced cancer. Provides information and resources online.

<http://csn.cancer.org>

Australian Cancer Survivorship Centre

A virtual centre that offers support, information and guidance to people who have had cancer and health professionals.

www.petermac.org/services/support-services/australian-cancer-survivorship-centre

Australian Disability Clearing House

Information for students with a disability in relation to further study following school.

www.adcet.edu.au

'students with disability'

Brainchild Foundation

For students up to the age of 24 who are returning to school on completion of brain tumour treatment. They offer one hour of tutoring a week for 40 weeks with a private tutor to assist the student to regain lost lesson time.

<http://brainchild.org.au/>

Cancer.net

Provides oncologist approved information from the American Society of Clinical Oncology (ASCO). Provides information and resources online.

www.cancer.net

Cancer Council Australia

Provides information, research, support and resources. Provides contact details for local services, support and information. They also offer financial and legal information and support services.

13 11 20

www.cancer.org.au

Carers Australia

Provides information and support for carers. Also engages in advocacy and research.

(02) 6122 9900

www.carersaustralia.com.au

Leukaemia Foundation

Provides information, resources and support to blood cancer patients including accommodation, transport and emotional support.

www.leukaemia.org.au/

LIVESTRONG

Provides information, resources and support online for young people aged 15–39.

www.livestrong.org

Livewire

An online community of support for young people aged 10–20 years living with chronic illness or disability.

www.livewire.org.au

Medicare

When you turn 15 you can apply for your own Medicare Card to help you to be more independent.

www.humanservices.gov.au/customer/dhs/medicare

Education and training services, information, resources and support

Back to School for Students with Cancer

Resource and guidelines for teachers working with young people.

www.childcancer.org.nz

Cancer Council Australia

Provides information, research, support and resources. Provides contact details for local services, support and information. They also offer financial and legal information and support services. Includes resource: *Cancer in the School Community: A Guide for Staff Members*.

13 11 20

www.cancer.org.au

Certificate III Guarantee (C3G)

The Certificate III Guarantee supports eligible individuals to complete their first post-school certificate III qualification.

<https://desbt.qld.gov.au/training/training-careers/incentives/certificate3>

Charlie Bell Scholarship

Provides financial assistance toward vocational studies for people 15-20 years old who have experienced a serious illness and undergone treatment at specific hospitals.

www.rmhc.org.au/our-programs/charlie-bell-scholarship

CureSearch

Information about educational issues following treatment for childhood cancer.

www.survivorshipguidelines.org
Click on 'Educational Issues'

Department of Education

These pages include information about state schooling in Queensland, sections on student health, safety and wellbeing, including education, and youth engagement.

<https://education.qld.gov.au/>

Department of Employment, Small Business and Training

<https://desbt.qld.gov.au/>

Education HQ

Produces a thorough resource for people considering their options once they finish school. Student Guide: Your Survival Guide to Life Beyond School.

<http://au.educationhq.com/magazines>
Click on 'Student Guide'

Free TAFE for Year 12 Graduates

Access free training in a range of priority skills courses within 12 months of graduating year 12.

<https://desbt.qld.gov.au/training/training-careers/incentives/freetafe>
<http://www.skillsgateway.training.qld.gov.au/content/user/subsidy/SUBSIDIES-LIST.pdf>

The Indigenous Scholarships Portal

Search indigenous scholarships nationally.

www.IndigenousScholarships.com.au

Missing School

Keeping seriously sick children connected to school through information, research, resources and advocacy.

www.missingschool.org.au

Myfuture

Australia's national career information service.

www.myfuture.edu.au

National Disability Coordination Officer Program

Information and resources for those interested in accessing and participating in study and work. Information about disclosure across studying, work and legislation.

<https://www.ndcoqld.org/>

QTAC Educational Access Scheme (EAS)

Consideration for:

- Financial Hardship
- Educational Disruption
- Personal Illness or Disability
- English Language Difficult
- Home Environment and Responsibilities

<https://www.qtac.edu.au/educational-access-scheme/>

QTAC Rural & Regional Enterprise Scholarships

The Rural and Regional Enterprise Scholarships Program (RRESP) has been introduced to improve access to and completion of tertiary education courses for students from regional and remote areas in Australia.

<https://www.qtac.edu.au/rres-program>

Queensland Children’s Hospital School

The Queensland Children’s Hospital (QCH) School offers world-class education programs for school-aged children affected by hospitalisation (including family members of hospitalised patients) to ensure continuity of education for all.

Teachers can work with you to plan an individually tailored education program according to your learning needs, interests and aspirations. Teachers can also work closely with your school teachers so you can keep learning your favourite subjects.

School guidance officers are available to support you in making decisions

about your learning pathway, senior schooling options and career planning. They can also support you as you transition back to school so that you and your school know what support is available and the adjustments the school can make to help you succeed in your learning.

QCH School has campuses in many hospitals across Queensland – so no matter where you receive treatment, you can continue your education: Queensland Children’s Hospital, Royal Brisbane and Women’s Hospital, Cairns Hospital, Townsville Hospital, Rockhampton Hospital, Sunshine Coast University Hospital, Ipswich Hospital, Toowoomba Hospital, Logan Hospital, Gold Coast University Hospital.

Email: admin@qchschool.eq.edu.au

<https://qchschool.eq.edu.au/>

Queensland Curriculum & Assessment Authority

Statutory body responsible for education in Queensland. Provides curriculum, assessment and reporting information.

www.qcaa.qld.edu.au

Queensland Skills Gateway

Once you have identified the Vocational Education and Training course you would like to do, this site helps you find a Registered Training Organisation to complete your qualification and any subsidies that may be available.

www.skillsgateway.training.qld.gov.au

Queensland Tertiary Admissions Centre (QTAC)

QTAC manages tertiary admissions for 15 higher education providers in Queensland and northern New South Wales. QTAC's Educational Access Scheme can provide special consideration for entry into university courses.

www.qtac.edu.au

www.qtac.edu.au/applying/educational-access-scheme

Ronald McDonald Learning Program

Provided by Ronald McDonald House Charities Australia, this program aims to help children, adolescents, families and professionals through:

- Individual tutoring to help students catch up on missed schooling
- A resource called 'What about school'
- Education liaison coordinators support ongoing education in hospitals
- EdMed, a free professional development unit for teachers to help schools meet educational needs.

1300 307 642

<https://learningprogram.rmhc.org.au>

VET Student Loans

VET Student Loans is an Australian Government loan program that helps eligible students pay their tuition fees. If you're studying a diploma, advanced diploma, graduate certificate or graduate diploma, you may be eligible for a VET Student Loan. If you're studying a degree course, you may be eligible for FEE-HELP or HECS-HELP.

<https://www.employment.gov.au/information-vet-student-loans-students>

Youth Cancer Services

Services in each mainland state of Australia that provides expert multidisciplinary care and support to young people and families including medical support, psychology, social work, education and vocation support and other specialty care.

www.canteen.org.au/youth-cancer

Work related services, information, resources and support

Australian Human Rights Commission

Information on human rights in Australia

www.humanrights.gov.au

Cancer.Net

Information on returning to work after cancer treatment.

www.cancer.net/blog/2016-08/returning-work-after-cancer

Cancer Council Australia

Provides information, research, support and resources. Provides contact details for local services, support and information. Also offer financial and legal information and support services. Includes resources: Cancer, work and you and Cancer Impacts in the workplace.

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www.cancer.org.au

Department of Education

<https://education.qld.gov.au/>

Department of Employment, Small Business and Training

<https://desbt.qld.gov.au/>

Disability Employment Services

Offer more specialised help for people with a disability, injury or health condition to find work. Such as the NDIS School Leaver Employment Program (SLES).

<https://www.ndis.gov.au/providers/working-provider/school-leavers-employment-supports-sles>

Fair Work Commission

Australia's national workplace relations tribunal. Provides information about workplace law, rights and responsibilities.

www.fwc.gov.au

Flinders University Resources

Information and resources about work for those living with cancer and their families.

<http://workaftercancer.com.au/welcome/>

Free Apprenticeships for under 21's

The Queensland Government has increased support for young Queenslanders up to the age of 21 by providing access to fully subsidised training across 139 priority apprenticeship and traineeship qualifications. Free apprenticeships for under 21s covers the cost of training for apprentices and trainees who commence, or are undertaking, a priority apprenticeship or traineeship qualification.

<https://freeapprenticeships.desbt.qld.gov.au/>

Headspace

Supports young people aged 15 – 25 who are finding their mental health makes it harder to engage in work or study or whose work & study situation is impacting their mental health.

Tel: 1800 650 890

<https://headspace.org.au/work-and-study-support/>

JobActive

Connects job seekers and employers through a free recruitment service. Get support with resumes, looking for work and employment preparation programs.

<https://jobsearch.gov.au/>

National Disability Coordination Officer Program

Information and resources for those interested in accessing and participating in study and work. Information about disclosure across studying, work and legislation.

www.westernsydney.edu.au/choosingyourpath/home

Redkite

Redkite is a national organisation offering free support to children and young people (18 and under) with cancer and those close to them. Support is available from diagnosis, during and after treatment. Services include:

- Information and professional counselling via phone, email and face to face
- Financial assistance
- Personalised support with education and career goals
- Education grants
- Bereavement support

1300 REDKITE
1800 733 548
www.redkite.org.au

School Community Industry Partnership Service (SCIPS)

A not-for-profit, community based organisation who work with young people in need of a helping hand when looking to enter or re-enter the work force.

<http://www.scips.org.au/>

Mental health services, information, resources and support

Australian Psychological Society

Information about psychology support services and how to find a local psychologist in your area.

1800 333 497
www.psychology.org.au

BeyondBlue

Provides mental health information and support for everyone.

1300 22 46 36
www.beyondblue.org.au

Child and Youth Mental Health Services CYMHS

Provides specialist mental health services to children and adolescents including crisis assessment and treatment, intensive outreach support, case management, early intervention school programs, acute inpatient services and day programs.

Ph: 07 3310 9444
<https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/for-teens/>

Headspace

Australia's national youth mental health service providing support, care, information and resources to support young people aged 15–25 years.

www.headspace.org.au

Kids Helpline

24/7 phone and online counselling service for young people aged 5–25 years.

1800 55 1800
<https://kidshelpline.com.au>

Lifeline

A national charity for all Australians experiencing a personal crisis. 24-hour crisis support and suicide prevention services.

13 11 14
www.lifeline.org.au

Mental Health Care Plans

These are plans that can be provided by your GP which provide subsidised access to a psychologist for six sessions. Talk to your GP.

www.health.gov.au

Financial services, information, resources and support

Agency for Clinical Innovation

Information on money matters and healthcare, specifically financial issues adult health services.

www.aci.health.nsw.gov.au

Search for 'Financial issues in adult health services'

Cancer Council Australia

Provides information, research, support and resources. Provides contact details for local services, support and information. They also offer financial and legal information and support services. Includes resource: Cancer and your Finances: A Guide for People with Cancer, their Families and Friends.

13 11 20

www.cancer.org.au

Centrelink

Information on all employment, disability, sickness and carer benefits and payments.

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www.centrelink.gov.au

MoneySmart

The Australian Securities and Investments Commission (ASIC) website which supports Australians to take control of their money and build a better life with free tools, tips and guidance.

<https://moneysmart.gov.au/#tools-and-resources>

Private Health

Provides information on private health insurance options in Australia.

www.privatehealth.gov.au



Legal services, information, resources and support

Australian Human Rights Commission

Information on human rights in Australia
www.humanrights.gov.au

Cancer Council Australia

Provides information, research, support and resources. Provides contact details for local services, support and information. Also offers a legal referral service and the resource: Making the Law Work Better for People Affected by Cancer.

13 11 20
www.cancer.org.au

Fair Work Commission

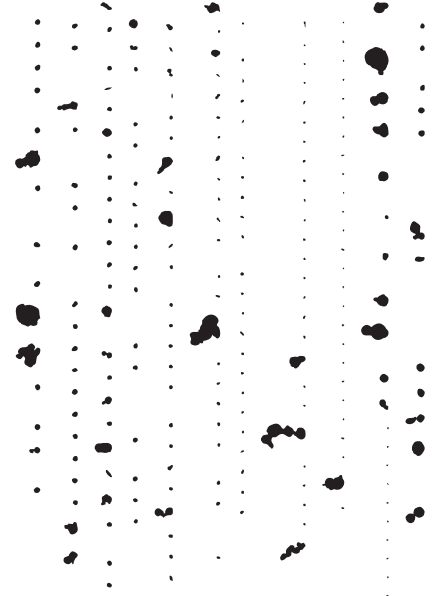
Australia's national workplace relations tribunal. Provides information about workplace law, rights and responsibilities.

www.fwc.gov.au

National Disability Coordination Officer Program

Information and resources for those interested in accessing and participating in study and work. Information about disclosure across studying, work and legislation.

www.westernsydney.edu.au/choosingyourpath/home





This resource is also available online
at [www.childrens.health.qld.gov.au/
thinking-ahead](http://www.childrens.health.qld.gov.au/thinking-ahead)

