

Welcome to:

# ARCHWAYS

(AfteR Cancer Health & Wellness for Adolescents & Young adultsS)

## What is ARCHWAYS?

ARCHWAYS is a team of health professionals within the Queensland Youth Cancer Service. Their focus is to support your health and wellbeing living with and beyond cancer.

The team work with you and your acute cancer treatment team to coordinate your care towards the end of your treatment and make recommendations for ongoing follow up.

## How do I connect with ARCHWAYS?

Your acute treating team will refer you to ARCHWAYS during your cancer treatment. At an appropriate time in your treatment plan, the ARCHWAYS team will reach out to you via text/email to connect you with the service.

ARCHWAYS are a state-wide telehealth service that can connect with you wherever you live.

**“It is not just during treatment that I needed support. After treatment had its own set of challenges and opportunities.”**

– AYA cancer survivor

## What does ARCHWAYS do?

1. Compile a **Treatment Summary**. This is a summary of your cancer disease, the type of treatment you have received, and any possible future side effects caused by treatment. Your Treatment Summary will go back to your treating team.
2. Offer a telehealth consult to develop a **Survivorship Care Plan (SCP)** with and for you. A SCP is a formal and written document with information about you, your cancer and treatment history, any check-ups or follow-up tests you need in the future, and ideas for staying healthy.

Currently, not everyone receives one, but it is important to have one. There is no single plan that is suitable for everyone after treatment. Your SCP will be yours to take with you wherever you go in the future and to share with whoever you think might need it.

**“My SCP is my record. It came along with me during my journey and acted as a communication tool as I moved between healthcare professionals.”**

– AYA cancer survivor

3. Assist you to **connect with community supports**. Some examples include:
  - Helping you to find a local GP
  - Supporting referrals to community psychology, counsellors or mental health professionals
  - Connecting you with peer support networks
  - Liaising with experts to support transition to work and/or study
  - Identifying healthcare professionals that you may require after your specific cancer treatment (e.g., Fertility Specialists, Dietitians or Cardiologists)

## What if I am not ready to engage with ARCHWAYS?

If you do not want to be involved yet, or don't feel you need to, that is up to you. Just let us know. We will still complete a treatment summary for you and send to your treating team.

If your needs change, feel free to get in touch with us. We will also send you an email every now and again. We are available to assist you for up to 10 years after you have finished treatment