

Cancer Caregivers

by OSARA HEAL+H

Supporting them starts with supporting you

Public Service Association has partnered with Osara Health to empower people impacted by cancer to thrive using expertise, empathy and technology.

To us, empathy isn't just a buzzword. Work with experts who understand and will empower you to care for yourself, whilst being there for someone else.



Cancer caregivers can access:



A health coach

One-on-one support and personalised education from a trained professional. Your coach will empower you to take action and make decisions that improve your health while guiding you every step of the way.



Evidence-based resources & exercises

With reliable, relevant resources readily available, you can research everything from 'living with uncertainty,' to 'managing relationships.' All content is developed by experts who empathise.



Support when you need it

An accessible expert and community that's in your corner and in your pocket via the Osara Health smartphone app (called CancerAid).



OSARA HEAL+H



Benefits



Additional Support

One on one sessions with a dedicated health coach to talk things through with.



Better conversations with medical professionals

Resources to support you and help make positive behaviour change.



Purposeful and manageable goal setting

Evidence based cancer care management strategies such as symptom tracking, sleep, diet and general wellbeing advice on mindfulness and exercise.



Strengthen habits

Access to the Osara Health app (called CancerAid) to track your symptoms and join a community where you learn from others experiences.



Take back control

If and when applicable, further support on employment planning and resetting your relationship with work.

The Cancer Coach Program by Osara is now confidentially available for free to all members and their family with a cancer diagnosis.

Program participants:

50%

reported an improvement in physical health¹

53%

of employees reported an improvement in quality of life¹

96%

likely to recommend the program to a friend or colleague¹

Hear it from other carers:

"It is absolutely a program that I would recommend, this information is crucial. Having someone who understands you and your journey is so important"

Caregiver Program Participant



"It has enabled me to spend more meaningful time with my mum. It has been so helpful to help her make progress and progress myself. For years we have been trying to figure things out, from our first call I was able to get a few practical things organised which has been great!"

Caregiver Program Participant



Accessing our organisation's Osara landing page.

Step 1

Enrol today

Visit our organisation's Osara Landing page accessible [here](#).

Step 2

We'll get in touch

Your coach will get in touch directly to discuss your program. You can learn more about the program, and decide how you would like to proceed.

Step 3

You start your program

Your health coach will create your tailored program. You'll get personalised modules sent to you and you can begin scheduling calls with your health coach whenever it suits you.

Osara for Cancer Caregivers Program: FAQs

- **Who are the Osara Health Coaches?**

- **Osara** Health Coaches are healthcare professionals who have had experience providing care to patients with cancer. Your Osara Health Coach will support you to create a personal care plan and help you make more educated decisions about your wellbeing.
- The Health Coach is not a replacement for the medical care team and will not provide any advice on diagnosis, prevention, monitoring, treatment or improvement of your or your loved one's clinical condition.

- **What is the time commitment as a participant?**

- Both programs typically run for 6-12 weeks, although this is entirely flexible depending on the participant. On average people spend about 30 minutes each week reading and implementing what they've learned.

- **Do my interactions get shared with my employer?**

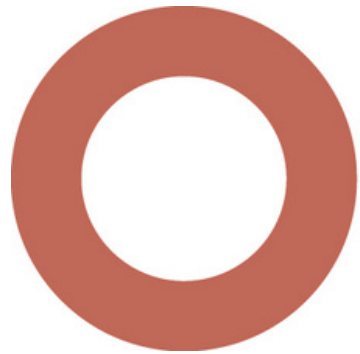
- Osara Health will hold your information, in line with their privacy policy. Your participation in this program including Health Coach calls is entirely confidential.
- All information is encrypted at rest and in-transit, and no information is shared with the employer without participants' permission

- **Who is it designed for?**

- The program has been designed for anyone caring for someone with a cancer diagnosis. Once you're on board, our coaches will personalise the program for you, your goals and your needs.

- **Do I have to be tech-savvy?**

- Not at all, our aim is to make access to the Osara program as easy as possible. If you have access to phone calls and an email address, we can deliver the program.



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