



Helpful Resources in the ACT region

GARMENT SERVICES

SERVICES AUSTRALIA:

<https://www.servicesaustralia.gov.au/waiting-periods-and-exemptions-for-external-breasts-prostheses-reimbursement-program?context=21976>

Items the program doesn't cover:

- Bras
- Post breast surgery swimwear
- Internal prostheses
- Prosthetic nipple inserts

If you get certain Centrelink income support payments, you may be eligible for an advance payment. You can use this to help cover the upfront cost before you claim from Medicare. You need to do the following:

- Check if you meet the advance payment rules
- Apply for the advance
- Agree to the repayment schedule

If you're successful, you can use the advance payment to buy your prosthesis. Then claim reimbursement from us. You can use this money to pay back your advance or keep repaying it based on your agreed schedule.

NO INTEREST LOANS (NILS)

Breast prostheses qualify for a No Interest Loans (NILS)

Refer to information under Financial & Support Services

NILS@salvationarmy.org.au

Post-Surgery Garments

Colleen's (02) 6285 1311 <https://www.colleens.com.au/>

Garran Shopping Centre, Garran ACT

Provides fittings for women who have had surgery for breast cancer. Compression/mastectomy bras, breast forms etc.

Knitted Knockers <http://knittedknockersaustralia.com/>

Erilan <https://www.erilan.com.au/>

Breast Cancer Network Australia <https://www.bcna.org.au/understanding-breast-cancer/treatment/breast-prostheses/>

Online store <https://www.themastectomystore.com.au/>

Post-Surgery Garment helpful sites & information

- https://www.cancer.org.au/assets/pdf/breast-prostheses-and-reconstruction#_ga=2.264413711.1625847849.1683056702-805147915.1671305656
- www.canceraustralia.gov.au/cancer-types/breast-cancer/treatment/surgery/breast-reconstruction/types-breast-reconstruction/comparing-different-types-breast
- <https://www.cancer.org.au/cancer-information/cancer-side-effects/breast-prostheses-and-reconstruction>
- <https://www.cancercouncil.com.au/cancer-information/managing-cancer-side-effects/breast-prostheses-and-reconstruction/breast-prostheses/buying-one/>
- <https://www.bcna.org.au/understanding-breast-cancer/treatment/breast-prostheses/>
- <https://www.servicesaustralia.gov.au/external-breast-prostheses-reimbursement-program>
- <https://www.servicesaustralia.gov.au/how-to-claim-external-breast-prosthesis-reimbursement-program?context=21976>
- <https://www.servicesaustralia.gov.au/waiting-periods-and-exemptions-for-external-breasts-prostheses-reimbursement-program?context=21976>
- <https://www.servicesaustralia.gov.au/how-much-you-can-get-for-external-breast-prostheses-reimbursement-program?context=21976#a1>
- <https://www.servicesaustralia.gov.au/who-can-get-external-breasts-prostheses-reimbursement-program?context=21976>
- <https://www.servicesaustralia.gov.au/items-external-breast-prosthesis-reimbursement-program-doesnt-cover?context=21976>

Lymphoedema Garments		
Northside Hospital Physiotherapist Unit	6201 6190	
https://www.calvarycare.org.au/public-hospital-bruce/services-and-clinics/cancer-services/		
Positive Motion Physiotherapy 4/62 Jardine Street Kingston	6147 1355	admin@positivemotion.com.au
Massage, garment measuring, exercise, lymphoedema experts		
http://www.positivemotion.com.au/		
Clinic 88 Deakin & Belconnen	6253 2388	
Manual lymphatic drainage (MLD), Energise! Group exercise classes are offered at Clinic 88 Macquarie for patients recovering from cancer. Classes run Monday and Wednesday nights 6-7pm for 8 week terms, \$15 per class paid upfront in full at the commencement of the term. Classes are limited to 8 participants and an initial consultation with Exercise Physiologist is required before starting classes.		
https://www.clinic88.com.au/services/lymphatic-drainage/		
https://www.clinic88.com.au/services/cancer-rehab/		
University of Canberra Cancer Wellness Centre	6201 5843	
healthclinic@canberra.edu.au		
https://www.canberra.edu.au/health-clinics/clinics-on-offer/cancer-wellness-centre		
ACT Lymphoedema Group	https://www.facebook.com/CanberraLymphies/canberralymphies@gmail.com	
A support group for people living with lymphoedema and lipoedema in Canberra and the surrounding region.		
Various Capital Chemist Outlets	Charnwood, Mawson, Goulburn, Braidwood	
Lymphoedema helpful sites & information		
https://www.lymphedonna.com.au/		
https://www.health.act.gov.au/sites/default/files/2019-02/ACT%20Lymphoedema%20Service.pdf		
https://www.canceraustralia.gov.au/system/tdf/publications/lnkc-lymphoedema-what-you-need-to-know_504af02fe04d6.pdf?file=1&type=node&id=2930		
https://www.bcna.org.au/health-wellbeing/physical-wellbeing/lymphoedema		
https://mycarespace.com.au/resources/lymphoedema-my-ndis-funding		
https://www.cancercouncil.com.au/cancer-information/managing-cancer-side-effects/lymphoedema/treatment-and-management/		
https://www.bcna.org.au/metastatic-breast-cancer/coping-with-metastatic-breast-cancer/where-to-find-support/lymphoedema-compression-garments/		

<https://www.enable.health.nsw.gov.au/prescribers/forms/compression-garments>

<https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/lymphoedema-physiotherapy-service>

<https://www.accelr&rehab.com.au/exercise-physiology/breast-cancer-and-exercise-in-canberra>

Wig & Head Garments

- Paying for a wig or hairpiece You may be able to get assistance with the cost of your wig or hairpiece.
- Treatment in a public hospital - you may be eligible for financial assistance towards the purchase of a wig. Ask your nurse or social worker for information.
- • Health insurance funds - some funds will cover part of the cost of a wig if you lose your hair due to disease or treatment. You will need a letter from your doctor to accompany a claim. Before you buy your wig, check what your fund will pay.
- Department of Veterans' Affairs - veterans may be eligible to have the cost of a wig covered.

Cancer Council ACT - Unit 1, 173
Strickland Crescent, DEAKIN

5124 9977

<https://actcancer.org/support/wig-service/>

Open Wednesdays and Thursdays 10am to 3pm.

Specialises in assisting women who have hair loss by helping to make their headwear more attractive as well as tying headscarves in a variety of ways.

Colleen's

Garran Shopping Centre, Garran ACT

(02) 6285 1311

<https://www.colleens.com.au/>

Providing modern caps and headwear

Heads Up

2/12-16 Hardwick Crescent, HOLT

6254 4403

www.headsup.net.au

Open Tuesday to Friday 10am to 4pm. Specialises in assisting women who have hair loss by helping to make their headwear more attractive as well as tying headscarves in a variety of ways.

Look Good, Feel Better

1800 650 960

www.lgfb.org.au

Wig & Head Garment helpful sites & information

<https://www.easiwigs.com.au/Wigs-Financial-Assistance-s/2389.htm>

https://www.curlysues.com.au/contents/en-us/d414481_Financial_Assistance.html

https://www.wigemporium.com.au/shop/?gclid=EAlaIQobChMIIsPeV2-q5_AIVjgkrCh21pAvyEAAYASAAEgLVdfD_BwE