

## Insurance Coverage

Cancer rehabilitation services are reimbursed by most health insurance providers, usually by a number of allowable visits per year. Check your individual insurance specifically for physical, occupational, and speech rehabilitation benefits.

*Note: A provider referral is needed before therapies can begin.*

## Rehab Locations

The Survivor Steps program is based out of Millard Fillmore Suburban Hospital but can be utilized by anyone in Western New York with a cancer diagnosis. The Survivor Steps certified therapists provide rehabilitation at the following outpatient locations.

### Buffalo Therapy Service Locations:

- 705 Maple Road, Williamsville, NY 14221  
**(716) 580-7360**
- 445 Tremont Street, North Tonawanda, NY 14120  
**DeGraff Memorial Hospital**  
**(716) 690-2031**

## Program Information

Call the program coordinator, Donna Gefaller, RN, MSN at (716) 568-3511 or visit the web at [www.kaleidahealth.org/suburban](http://www.kaleidahealth.org/suburban).

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Please ask your care team.

### Spanish

ATENCIÓN: Si habla español, los servicios de asistencia lingüística están disponibles, de forma gratuita, para usted. Por favor, pregunte a su equipo de atención.

### Arabic/Sudanese

تنبيه: إذا كنت تتحدث العربية، فسوف تتوفر لك خدمات مساعدة لغوية مجاناً. يرجى أن تسأل فريق العناية الخاص بك.

Kaleida Health does not discriminate on the basis of race, color, religion, sex, national origin, disability, sexual orientation, gender identity or expression, physical appearance, source of payment, or age.



CANCER REHAB & RECOVERY



At Kaleida Health, we are dedicated to helping cancer survivors function at the highest level possible. Cancer treatment can be very hard on the body and often causes significant pain, fatigue and disability for survivors. Through our Survivor Steps program our goal is to minimize these after effects and encourage cancer survivors to have the best quality of life possible. Our hope is to help you in striking the perfect balance to optimize your health and well being. Survivor Steps can offer you coordinated cancer rehabilitation delivered by a team of oncology rehab clinicians, as well as dietary consults and referrals to cancer counseling and support services.

As a patient, you will receive comprehensive cancer rehabilitation treatment and support to improve the symptoms affecting your daily functioning and quality of life.

These may include:

- fatigue
- pain
- joint stiffness
- limb swelling (lymphedema)
- weakness
- memory problems
- balance
- anxiety
- depression
- insomnia
- issues with talking or swallowing

## Our Team

Our cancer rehabilitation and support program is offered by a group of trained professionals who have expertise in oncology rehab. Our team consists of physical therapists, occupational therapists, speech-language pathologists, registered dietitians and additional professionals who will provide expertise, guidance, training and support throughout all phases of treatment and recovery for those with a cancer diagnosis. Survivor Steps also offers lymphedema therapy provided by certified lymphedema physical therapists.

## Your Rehabilitation Plan

Your cancer rehabilitation plan will depend on individualized goals that focus on increasing strength and energy, managing pain and improving your functioning and quality of life. We offer a comprehensive preoperative breast surgery class that will prepare you for surgery as well as provide some helpful tips on exercise, nutrition and community resources that can assist with navigating your path to recovery. Some individuals will benefit from Prehabilitation or “Prehab” – the goal of prehab is to help people who are newly diagnosed to become physically stronger before surgery or treatment.

It is strongly suggested after surgery and treatment are complete, to consult with one of our rehab therapists who will provide you with a survivor guidebook and help you create an individualized plan that is both safe and effective.

