

# CaRE@Home

## The Cancer Rehabilitation and Exercise Program

### *Volunteers needed for a Research Study*

#### Why Join CaRE@Home?

People with cancer face multiple health challenges after treatment. These side effects can negatively impact quality of life and make it hard to get back to work and regular activities.

**CaRE@Home** is a randomized study that offers a free virtual rehabilitation program that aims to improve your well-being and help you get back to doing the things you want to do.



If you participate in this study, you will be randomly chosen to be in the 8-week CaRE@Home program group or the usual care group. You will also be asked to complete on-line and in-person assessments. Participants in the usual care group will be offered the CaRE@Home program at the end of the study.

#### What does CaRE@Home include?

- 1 EXERCISE**  
Individualized exercise prescription supported with a mobile application (PhysiApp) and wearable technology (Fitbit)
- 2 EDUCATION**  
Weekly e-modules providing interactive education to promote self-management skills
- 3 HEALTH COACHING**  
Weekly brief video or telephone counselling

#### Who Can Join?

Consider taking part if you have:

- A history of breast, colorectal, lymphoma, or head and neck cancer
- Completed primary treatment for your cancer less than 24 months ago
- Struggling to recover or are dealing with treatment side effects
- Able to attend 3-4 in-person assessments in Vancouver

**For more information:**

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