

## Contents

<b>SECTION 1: IMPACTS OF BRAIN CANCER .....</b>	<b>11</b>
Fatigue .....	17
Thinking and brain cancer .....	24
Behaviour change.....	26
Family, friends and carers information: Impacts of brain cancer .....	28
<b>SECTION 2: LOOKING AFTER YOURSELF.....</b>	<b>33</b>
Dealing with unhelpful thoughts .....	38
Who can help?.....	43
Practical ideas to make life a little easier.....	44
Food and nutrition.....	46
Exercising after treatment .....	49
Family, friends and carers information: Caring for yourself.....	52
<b>SECTION 3: CONNECTING WITH OTHERS .....</b>	<b>57</b>
You are not alone .....	60
Getting family and friends to understand.....	61
Connecting with your community .....	63
Connecting with family.....	65
Family, friends and carers information: Connecting with others .....	68
<b>SECTION 4: PRACTICAL SUPPORT .....</b>	<b>73</b>
Financial assistance.....	78
What is the NDIS? .....	85
Accessing rehabilitation.....	89
Returning to work .....	91
Return to driving.....	94
Family, friends and carers information: Practical support .....	96

<b>SECTION 5: MAKING A PLAN .....</b>	<b>105</b>
Managing your health .....	108
Setting goals .....	109
Making a plan .....	110
<b>SECTION 6: REFERENCES AND RESOURCES.....</b>	<b>115</b>
References .....	117
Recommended resources.....	118
Support groups.....	123

