

#### **Our story**

Inherited Cancers Australia was established to address a gap in support and education for people with hereditary cancer risk. Our work has included creating an information hub for our community, facilitating peer support and education events, advocating for improvements in access to genetic services, promoting preventive health behaviours and working with key health organisations.

#### Our Community

Being at a much higher risk of developing cancer can bring both physical and psychological challenges. Inherited Cancers Australia provides information, support and resources relevant for families, across various generations.

We empower those with a higher risk of developing cancer to make informed decisions about managing their risk by providing education and opportunities to connect. The essential support and services we provide complement what is provided in the clinical setting.



# Reach out.

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inheritedcancers.org.au





Breaking the cycle of inherited cancers in Australian families.



As a national charity, we support people to assess their cancer risk and provide evidence-based information, empowering them to make informed decisions about their health.

#### inheritedcancers.org.au

We give people the one thing their DNA doesn't: Choice.



# **About ICA**

Inherited Cancers Australia is a patient-focused organisation committed to supporting people to understand and reduce their risk of hereditary cancer. Hereditary cancer risk affects people who carry an identified gene mutation such as BRCA or through a significant family history of cancer. We work to ensure every Australian is informed, supported, and educated about managing their cancer risk.

## **Our Pillars**

The three organisation pillars are:

**Education &** information

Advocacy & connection empowerment

#### **Our Goals**

 Provide information, tools and resources to support individuals and families with hereditary cancer risk

Support &

- Promote open discussions about family cancer history across generations
- Work collaboratively with healthcare professionals and other health organisations to create better outcomes for patients
- Advocate for families with hereditary cancer risk
- Promote preventive health practices
- Ensure all individuals are supported and empowered to make informed decisions about managing their inherited cancer risk

#### **Our Resources & Education**

## **Information & Support Days**

These valuable events are for people who want to hear from experts about the latest evidence-based information affecting those at higher risk of developing cancer. Held nationally, these events feature guest presenters, personal stories from community members and provide an opportunity to connect.

# **Community Catch Ups**

These provide an opportunity for high-risk of cancer individuals to meet face-to-face and share experiences and stories while supporting others. Community Catchups are held across Australia in various settings.

## **Downloadable Resources**

Our vast information library includes resources relevant to our community including those focused on: mapping family health history, questions to ask your specialist, understanding your cancer diagnosis and treatment, genetic testing, screening and surveillance, family conversations and much more.

## Webinars & Online Education

These online events provide access to a range of healthcare professionals and experts who explore topics relevant to the hereditary cancer community.



#### **Our Programs & Support**

#### **Specialist Nurse Navigator**

Our free Specialist Nurse Service will help you understand how to manage your hereditary cancer risk. Our expert can assist you in accessing healthcare services in your area, answer questions you have about the treatment options for inherited cancer risk, connect you with support services and help translate complex medical information.

## **Peer Support Program**

Our trained Peer Support Mentors provide tailored support by sharing evidence-based information, resources, practical tips, and personal insights and non medical advice to help you confidently navigate your high-risk journey. With the help of our mentors, you can face the complexities of inherited cancer risk feeling supported and informed.

## **Online Support Groups**

We facilitate private online support groups where people can connect and discuss all aspects of their inherited cancer experience.

