

Cancer Care Support

VA Portland Health Care System

Services

Caregiver Support Program

The VA Portland Caregiver Support Program is available to support family caregivers in their role and link caregivers to VA and community support services. The team also supports caregivers in improving their health and well-being through practical coaching and emotional support. For more information or to enroll, call: (503) 273-5210

Chaplains

Chaplains are clinically trained caregivers who may assist you in the journey into your spiritual life. A sense of meaning and purpose, a connection with one's community can help you to have a better quality of life during your illness and care. If you wish to speak with a chaplain, call: (503) 220-8262, ext. 57090

Nutrition Counseling and Education

Cancer treatment may affect your appetite or change the way food tastes or smells. It is important to eat a healthy diet to maintain your weight during your cancer treatment. Eating enough of the right kinds of foods can be tough when you do not feel like eating at all. A cancer dietitian is available to give you individual counseling about ways to maximize your nutrition throughout your cancer treatment. To make an appointment with a dietitian, call nutrition scheduling: (503) 273-5112

Physical and Occupational Therapy

The effects of cancer and related treatment can lead to many changes in your body. Some of these interventions may cause new symptoms that change how you move, function, and care for yourself. Specialized therapies are available for Veterans with cancer to address these changes. For more information, call Physical/Occupational Therapy: (503) 273-5018

Social Workers

Oncology Social Workers are available to assist you and your family at every stage of care. Our social workers can provide emotional support and help you find resources to help you cope with a cancer diagnosis. They can also help you communicate with family, friends, and your health care team. To speak with an Oncology Social Worker, call: (503) 220-8262, ext. 51753

Veterans Transportation Program

VA Portland Veterans Transportation Program offers Veterans many travel solutions to and from their VA health care facilities in support of VA-sponsored cancer care. This program offers services at little or no cost to eligible Veterans through the Disabled American Veterans (DAV), VA Veterans Transportation Services, VA Vancouver to Portland shuttle busses, and, for eligible Veterans, reimbursement through Beneficial Travel. For more information on available resources contact: (503) 273-5020



U.S. Department of Veterans Affairs

Veterans Health Administration
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Active Movement Classes

Let's get moving! Whole Health Active Movement classes: Tai Chi/Qigong, Yoga, and Strength & Conditioning/Open Gym. All classes are offered online through VA Video Connect (easily accessible by clicking a link sent to your email). All classes can be modified for any level of ability. For more information on classes and scheduling, call our Active Movement line: (503) 273-5114

Whole Health

VA Whole Health is a cutting-edge approach to care that supports your health and well-being. Whole Health centers around what matters to you, not what is the matter with you. This means your health team will get to know you as a person, before working with you to develop a personalized health plan. For more information, call Whole Health: (503) 220-8262, ext. 50536

MOVE!

MOVE!® is a national weight management program that helps Veterans lose weight, keep it off, and improve their health. MOVE!® is a comprehensive lifestyle intervention that focuses on health and wellness through nutrition, physical activity, and behavior change. For more information, call our MOVE! line: (503) 220-3482

Nutrition Classes

Dietitians are offering nutrition classes designed to help you achieve your health goals via VA Video Connect. The Healthy Teaching Kitchen program provides live, virtual cooking classes for Veterans to increase nutrition knowledge, cooking skills, and build confidence in cooking at home with healthy, minimally processed foods. For more information on classes and scheduling, call nutrition scheduling: (503) 273-5112

Tobacco Cessation

We understand that quitting cigarette smoking is difficult, but quitting is the best way to improve your health. The VA has many resources to help you. When you want help, let your primary care provider know. You can also call 1-855-QUIT-VET (1-855-784-8838)

Advance Care Planning – Group Visits

VA offers interactive groups where you can join other Veterans to learn more about identifying the person you trust to make health care decisions for you if you cannot make them for yourself (including Advance Directives). Learn how to create an Advance Care Plan that will ensure your health care choices are known and followed. For more information, call: (971) 352-0844



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