



## Study evaluating an online support program for people living with advanced cancer and their family carers.



### What is the FOCUSau study about?

We are recruiting people who are living with advanced cancer (cancer that has progressed or returned) and their family carers (usually a family member or friend). They will take part in a study evaluating a three-month online support program called FOCUSau that aims to improve their wellbeing and quality of life.



## What's in the FOCUSau program?

The FOCUSau program is made up of four guided sessions. The person living with advanced cancer and their family carer work through the sessions together over three months.

The sessions aim to improve emotional wellbeing and quality of life by helping with communication and coping strategies, uncertainty, planning for the future and symptom management.

## Who can take part in the study?

### We're seeking people who:



are adults with advanced cancer (cancer that has either progressed or returned)



have a family carer (family member or friend) willing to take part in the study



have internet access via a computer or tablet.

## Why your participation matters

This program could make a real difference in the lives of people dealing with cancer and their family carers. By joining our study, you can help others facing similar challenges.

## What do I do next?

For more information about the FOCUSau study, please visit our website: <https://medicine.unimelb.edu.au/focusau> or scan the QR code.

You can also call **03 9035 4153** or send an email to [focusau-trial@unimelb.edu.au](mailto:focusau-trial@unimelb.edu.au) and a member of our research team will get in touch with you.

