

THE beatson
WEST OF SCOTLAND CANCER CENTRE

**WE ARE
MACMILLAN.
CANCER SUPPORT**

NHS
Greater Glasgow
and Clyde

Cancer Older Peoples Service (COPS) Patient information

Cancer Older Peoples Service
4th Floor Room 30
The Beatson West of Scotland
Cancer Centre
1053 Great Western Road
Glasgow G12 0YN

This leaflet is for older people (over 65 years of age), who are having or have had cancer treatment. You may also have other conditions that you are trying to manage at the same time. We describe these conditions as comorbidities. They are often chronic or long-term conditions that run alongside your cancer diagnosis.

This leaflet provides a brief summary of how our service can help you, your family and carers. It is a general guide. We will discuss individual aspects of your care with you personally.

Cancer can leave you facing many challenges. You might experience side effects of treatment and want to find out what support and care is available. You may want to optimise your health and fitness to undergo future treatment. Our COPS service aims to help to support you with these goals.

What happens at the COPS clinic?

Following a referral to the COPS, we will invite you to our clinic for an assessment. This helps to identify your individual needs. Before your appointment, we might post you something to complete. This helps us to gather a bit more information. We would like you to fill this in and

bring it with you to your appointment. We can then offer you clinical advice, intervention and support. We take a holistic approach meaning we aim to help with a wide variety of issues involving you, your carers and family. We focus on goals that are important to you. By doing this, we can help you to:

- Maintain your independence.
- Improve your quality of life.
- Aim to increase your ability to tolerate treatments.

We can see you at any point, regardless of the treatment you are receiving or the symptoms you are experiencing.

Who will I meet when I attend?

Our team includes:

- **Clinical Specialist Nurse:** Tracy Downey
- **Geriatricians (specialist doctors who work with older people):** Dr Kirsty Colquhoun and Dr Pamela Seenan.
- **Clinical Specialist Occupational Therapist:** Carly Rolston.

How can we help?

We can identify and treat a whole range of symptoms that you may experience as a result of your cancer or cancer treatment. This includes looking at your physical health, your daily function, mental health and your memory.

We can:

- Carry out a full assessment of your needs, ensuring you get the support you require throughout your treatment and beyond.
- Help you manage any other health conditions or side effects from your treatment. This may include pain, nausea, breathlessness and constipation.
- Help manage your medications and their side effects.
- Look at how you are managing with your day to day activities.
- Provide support with mobility issues, such as balance or falls.
- Help you access any further assistance or support when you need it.
- Refer you onwards to other appropriate services.

How do I access the service?

Please feel free to ask a health care provider to refer you to the service. You can also self-refer by calling this number: ☎ 0141 301 7137 or ☎ 0141 301 9926 Monday to Friday, 8am till 6pm. Or if easier, please email us at ✉ cops@ggc.scot.nhs.uk

We aim to telephone you within two working days of receiving your referral. We will then arrange a meeting either at the clinic or ward to discuss your situation. This allows us to find out how we can best support you.

This service is a partnership between the Beatson West of Scotland Cancer Centre and NHS Greater Glasgow and Clyde. It is supported by Macmillan Cancer Support.

If you need more information or have any questions, please call ☎ 0141 301 7137, ☎ 0141 301 9926 or email us at ✉ cops@ggc.scot.nhs.uk

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