

# Becoming Screening Champions: Supporting Clients in Cancer Screening

Megan van Zanten, Senior Project  
Preventive Health SA



## Cancer screening initiative expands Screening@Cara project: Supporting your health

At Cara, we are committed to helping you, our clients, access healthcare. Our Screening Champions can help you access vital preventative screenings.

Building on the success of last year's Screening@Cara project, thanks to a new grant from Preventative Health SA, we are excited to grow our Screening Champion Project - an initiative designed to improve access to cervical and bowel screening for people with disability and train more Cara Screening Champions.

A Screening Champion is a trained staff member who is equipped with the knowledge, skills, and resources to support you in accessing screening services.

Last year we trained 24 Screening Champions, who now play a key role in increasing conversations, access to screening, and availability of easy-read educational materials.

For most, accessing cancer screenings can be quite challenging for a multitude of reasons including personal, social, and systemic barriers. Some clients may feel anxious, lack information, or struggle with negative past experiences. Others may face stigma or a lack of support from healthcare providers. The Screening Champion Project is here to break down those barriers and ensure you get the healthcare you deserve.

The new grant will allow us to focus on training more Screening Champions, creating more interactive educational resources and exploring ways we can better support families and those from Culturally and Linguistically Diverse (CALD) backgrounds. Our goal is to ensure that every client who needs screening has someone advocating for them and helping them navigate the process, every step of the way.

Already, we have seen increased participation in screenings across Cara services, including both clients and staff. Our Screening Champions are driving real change by supporting clients in making informed health choices. With more champions and better resources, we can ensure that even more of our community benefit from early detection and prevention.

At Cara, we find possible - and that includes better health outcomes for our clients.

### Your health matters, have you had your screening check yet?

Please contact Michelle and Nisha via email to register your interest in the Screening Champion Project at:



[practiceleaders@cara.org.au](mailto:practiceleaders@cara.org.au)