

Cardiac Rehabilitation



What is Cardiac Rehabilitation?

Cardiac Rehabilitation is available to anyone with Coronary Heart Disease or recovering from surgery as a result of Heart Disease. The Program includes a comprehensive assessment to identify your risk factors and to set up support for you to help improve your risk. Structured exercise classes are available and education sessions will be offered.

Cardiac Rehabilitation aims to help you:

- ✓ Learn more about your heart, your heart condition, treatment options and coping strategies
- ✓ Improve your understanding of risk factors and how to manage and improve them
- ✓ Understand the benefit of healthy behaviours and how to seek help: quit smoking, exercise, good nutrition
- ✓ Increase your exercise tolerance and activity levels

A written referral from your doctor or specialist is required. We will contact you to schedule your comprehensive assessment which will help us set up your plan for rehabilitation. This is necessary to help us tailor your rehabilitation program based on your needs.

The structured exercise program is facilitated over eight weeks and caters for different levels of ability. The classes are run by a Registered Nurse and Physiotherapist who will monitor participants to ensure you exercise within safe limits aiding in improving confidence around exercise, following cardiac event.

Education sessions include:

- ✓ Overview of heart anatomy, heart disease, angina, heart attack, risk factors and cardiac investigations
- ✓ Energy conservation and techniques for relaxation
- ✓ Benefits of a healthy diet, including fats and fibre
- ✓ Coping with stress and anxiety
- ✓ Medications, side effects, precautions
- ✓ Benefits of exercise in people who have heart disease
- ✓ Financial assistance, power of attorney, wellbeing assistance

COMMUNITY SERVICES

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