



If you have any English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.



Why you may benefit from Eastern Health Heart Failure Rehabilitation?

The Heart Failure Program is a multidisciplinary program you return to an active and fulfilling life after you have had a heart failure. This will help you to prevent another episode of heart failure.

'The National Heart Foundation of Australia states that we need to help patients with chronic heart failure (CHF) to stay productive and out of hospital after they have been diagnosed. There is overwhelming evidence that multidisciplinary heart failure care helps to manage patients effectively.'

How can Heart Failure Rehabilitation help you?

- It will provide you with an exercise program that meets your specific needs
- It will support you towards your health goals
- It will help you manage your disease
- It will provide you with counselling and social support
- It will improve your health, wellbeing and confidence

What does the program look like?

Initial phone assesment

You will be contacted for an *initial phone assessment* we can identify your needs. This usually takes about 15 minutes, and is conducted by the Cardiac Rehabilitation Nurse or the Physiotherapist, who will then book an appointment for you to do a comprehensive assessment based at the centre.

Comprehensive Assesment

The centre based *comprehensive assessment* involves the Cardiac Rehabilitation Nurse and Physiotherapist. They will work together with you to determine your baseline (level of fitness) and identify goals that meet your needs. You will receive your exercise program including strengthening and endurance exercises which we can assure you will be helpful to you.

Weekly Group Sessions:

Education sessions: We provide weekly education sessions via telehealth, our online portal or at the centre (as COVID restrictions allow). We ask that you register with the National Heart Foundation of Australia <https://www.heartfoundation.org.au/> to receive your **Part 2** booklet of the 'My Heart My Life' series, which is the education reference for all education sessions. The Cardiac Rehabilitation team can assist you with this.

Exercise sessions: You will be completing exercises under the instructions of the physiotherapist. They will help you to increase your ability to exercise. In addition, the Cardiac Rehabilitation Nurses are present for any further medical/nursing follow up or questions you may have. Rest assured you will not be asked to do more exercises than you can tolerate.

Who is part of the Heart Failure Program team?

- Nurses
- Physiotherapists
- Social Workers
- Dietitians
- Advance Care Planning Consultant
- Occupational Therapists
- Allied Health Assistants
- Pharmacists

How much does it cost?

The program costs \$10 per session for face-to-face sessions. An invoice will be sent to you from Box Hill Accounts Department. If transport or costs are a problem, please speak to your physiotherapist at your initial assessment.

How do I access the program?

- You may refer yourself by contacting us over the phone **03 99557501**
- Through:
Eastern Health hospitals and/or other hospitals;
Cardiologists and General Physicians;
Community health services including other health professionals.

All referrals to be addressed, emailed or faxed to:

Access Unit
Peter James Centre
Locked Bag No 1, Forest Hill
Fax: 03 9881 1102
Email: sacs.integratedservices@easternhealth.org.au

Program Days & Location

Angliss Community Rehabilitation Centre
Corner Talaskia Road and Edward Street
Upper Ferntree Gully 3156
PH: **03 99557501** / Tuesday & Fridays

What should I bring?

When attending group sessions (face to face), please bring a water bottle, snacks if desired and glasses, if needed, If you are attending a remote session you will need to access telehealth. It is suggested an iPad or laptop screen size (minimum) is set up so you can exercise and see the screen, and we can see you. If you need any help setting up telehealth, please discuss this at your initial assessment session.

Usually Heart failure Rehabilitation team welcomes family members and other support people to attend these sessions, however due to COVID restrictions this may not be possible. Please ask your Heart failure Rehabilitation clinician.

MEDICAL Assistance

If you have a change in your medical condition while at home, please contact your local GP for advice. In the event of a medical emergency, dial 000 or attend your local hospital emergency department. If you attend a hospital emergency department or are admitted to hospital, please inform hospital staff that you are a client of Eastern Health Cardiac Rehabilitation Program

For further information:

Please call the Cardiac Rehabilitation Co-ordinator or Chronic Rehabilitation Team Leader on **03 99557501**.

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If you have any feedback or suggestions on how to improve this information sheet, please contact brochure.request@easternhealth.org.au

