

CARDIAC REHABILITATION PROGRAM



If you have any English language difficulties, please ask staff to book an interpreter.

From home contact the Telephone Interpreter Service on 9605 3056.

Services are provided free of charge. Ask staff if this information is available in your preferred language.

What is a Cardiac Rehabilitation Program

This program is designed to improve your health and well-being after a cardiac event and help you return to an active and fulfilling life.

How much time to expect these programs to run

First session includes assessment in a small group, these sessions take two hours facilitated by a cardiac nurse and physiotherapist.

The Cardiac Rehabilitation program is a two hour, twice weekly, five week program comprising of group exercise and education.

Group sessions encourages meeting others with similar experiences.

Our team of health professionals include Cardiac Nurses, Physiotherapists, Dieticians, Occupational Therapists, Pharmacists, Social Workers, Advance Care Planning Consultant and Allied Health Assistants.

Is there a cost involved?

There is a \$10.00 fee for the exercise and education sessions. *Cardiac Rehabilitation team welcomes Family members and other support people to attend these sessions.*

How may Cardiac Rehabilitation help you?

- Reduce the risk of a further cardiac event
- Individualised exercise program
- Support towards your health goals
- Promote self-management skills
- Counselling and social support
- Improved health, wellbeing and confidence
- **Attending all sessions consecutively is more beneficial to get the best out of the program**

Where are the programs held?

Day programs are held at the *Angliss Community Rehabilitation Centre, Wantirna Health and Yarra Ranges Health*. Program days and times differ at each centre.

Evening programs are held at *Wantirna Health* which offers an out of hour's program for clients returning to work or unable to attend during the day.

Cardiac Rehabilitation accepts referrals from:

- You may self refer by calling direct
- Eastern Health hospitals and other hospitals
- Cardiologists and General Physicians
- Other health professionals
- Community health services

All referrals to be addressed or faxed to:

Access Unit
Peter James Centre
Locked Bag No 1, Forest Hill
Fax: 9881 1102

Program locations:

Angliss Community Rehabilitation Centre

Corner Talaskia Road and Edward Street

Upper Ferntree Gully 3156

Ph. 03 9764 6229 (Reception) or 03 9764 6446 (Cardiac Nurse)

Tuesday and Friday 9:30 – 11:30am

Yarra Ranges Health

25 Market Street

Lilydale 3140

Ph: 03 8706 9676 or 0457 544 093

Monday and Wednesday 9:00-11:00am or
10:00am-12:00noon

Wantirna Health

251 Mountain Highway

Wantirna 3152

Ph. 03 9955 1227 (Reception)

Wednesday and Friday 1:30 – 3:30pm

Evening Program: Ph. 0408 579 066

Wednesday 7:00 – 9:00pm

Medical Assistance

Should you experience a change in your medical condition while at home, please contact your local GP for advice in the first instance.

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's Hospital Admission Risk Program (HARP).

For further information:

Please call the Cardiac Rehabilitation Co-ordinator on **0408 579 066**.



Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required or permitted by law. We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our Web site www.easternhealth.org.au
Eastern Health is accredited by the Australian Council on Healthcare Standards.

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