

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 13 1450.

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

The National Heart Foundation of Australia recommends that people who have had a heart attack, cardiac procedure (angioplasty/stent or cardiac surgery) or have cardiovascular disease are offered the opportunity to participate in a cardiac rehabilitation program.

What is cardiac rehabilitation?

Cardiac rehabilitation is a multidisciplinary program to assist people with cardiac conditions to return to an active and fulfilling life. This will assist people to reduce the likelihood of a further cardiac event

The Cardiac Rehabilitation Program aims to provide:

- Secondary prevention to reduce the risk of a further cardiac event
- An individualised exercise program
- Self management skills
- Counselling, psychological and social support
- Improvement in health, wellbeing and confidence

The cardiac rehabilitation team includes:

- Cardiac nurses
- Physiotherapists
- Exercise physiologists
- Dietitians
- Occupational therapists
- Pharmacists
- Psychologists
- Social workers
- Allied health assistants

How to I access the program?

Referrals are made via:

- Eastern Health hospitals
- Metropolitan and rural hospitals
- Cardiologists
- General physicians
- Other health professionals
- Self referrals
- Community health services

The day programs at the Angliss Community rehabilitation Centre, Wantirna Health and Yarra Ranges Health are conducted twice a week for five weeks.

Wantirna Health offers an evening program for clients who are returning to work. This is conducted once a week for four weeks.

Family members and other support people are encouraged to attend the programs.

Please wear loose clothing, suitable footwear for use on gym equipment and bring reading glasses if required.

How much does the service cost?

There is a \$8.00 fee for each session.
An invoice will be sent to you.

Program location and times

Angliss Community Rehabilitation Centre

Corner Talaskia Road and Edward Street
Upper Ferntree Gully 3156
Tuesday and Friday 9.30am – 11.30am
Ph 03 9764 6229 (reception)
Ph 03 9764 6446 (Cardiac Rehab Nurse)

Wantirna Health

251 Mountain Highway
Wantirna 3152
Wednesday and Friday 1.30pm – 3.30pm
Wednesday evening 7pm – 9pm
Ph 9955 1227 (Reception)

Yarra Ranges Health

25 Market Street
Lilydale 3140
Monday 9am – 11am or 10am – 12noon and
Wednesday 1.30pm – 3.30pm or 2.30pm – 4.30pm
Ph 03 9091 1888 (Reception)
Ph 03 8706 9641 (Cardiac Nurse)

Referrals should be addressed to:
Access Unit at Peter James Centre
Fax : 9881 1102
Locked Bag No 1
Post Office
Forest Hills 3131

Further Information: call Georgie Shoebridge 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 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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