



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.



What is Cardiac Rehabilitation?

The Cardiac Rehabilitation program is designed to help your recovery after a heart event, procedure or the diagnosis of a heart condition. It is a program that helps with support, exercise and education that is led by health professionals and personalised to strengthen your heart.

In addition, it helps you make long-term lifestyle changes so you can live a longer, healthier life. Cardiac rehabilitation is proven to keep you out of hospital and reduce your risk of death from heart conditions. (*National Heart foundation 2022*)

How can Cardiac Rehabilitation help you?

- It will reduce your risk of a further cardiac event
- It will provide you with an exercise program that meet 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* to 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 needs and identifying appropriate goals. You will receive your exercise program including strengthening and endurance exercises such as a daily walk.

Weekly Group Sessions 5 weeks, twice a week

Education sessions:

We provide weekly education sessions centre based or our online portal. 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. Our Cardiac Rehabilitation team can help 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 do.

Who is part of the Cardiac Rehabilitation team?

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

How much does it cost?

The program costs \$10 per session for face-to-face session. An invoice will be sent to you from Box Hill Accounts department.

What should I bring?

When attending group sessions, please bring a water bottle, snacks if desired and glasses or hearing aids if needed.

Usually Cardiac 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 Cardiac Rehabilitation clinician for further information

How do I access the program?

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

All referrals to be addressed, emailed or faxed to:

Community Access Unit
Peter James Centre
Locked Bag No 1, Forest Hill

Fax: 03 9881 1102

Email: sacs.integratedservices@easternhealth.org.au

Program Days & Location:

Whilst we always aim to connect you to your nearest program, availability at the different sites can vary.

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| <u>Angliss Community Rehabilitation Centre</u> Corner Talaskia Road and Edward Street Upper Ferntree Gully 3156 PH: 03 99557501 <u>Tuesday & Fridays</u> | <u>Wantirna Health</u> 251 Mountain Highway Wantirna 3152 PH: 03 99557501 <u>Wednesday & Friday</u> | <u>Yarra Ranges Health</u> 25 Market Street Lilydale 3140 PH: 03 99557501 <u>Monday & Wednesday</u> |
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Medical Assistance

If you experience 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:

If you have questions or concerns, please call the Cardiac Rehabilitation Co-ordinator or Chronic Rehabilitation Team Leader on **03 99557501**

Eastern Health

5 Arnold Street, Box Hill, Victoria 3128

Phone: 1300 342 255

Website: www.easternhealth.org.au

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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

