

Information for family, friends and yourself consists of:

- Healthy Lungs and what to do when you are unwell
- Medication management
- Healthy food choices
- Management of anxiety/ depression and increase your confidence
- Staying smoke free

Program runs over eight (8) weeks. Monday exercises and education session and Wednesday exercises only, followed by a maintenance program

### **Team members**

- **You** and your family
- Your GP & respiratory specialist
- Respiratory Nurse
- Physiotherapist
- Occupational Therapist
- Psychologist
- Dietitian
- Speech Therapist
- Continence Nurse

## **Maintenance**

Joining the “Lungs in Action Group”© is encouraged as studies have shown that once you have a regular exercise pattern, you will improve your quality of life, social interaction and increase exercise / activity tolerance.

### **How much does it cost?**

There is a charge for the initial consultation and physiotherapy assessment visits, and then \$5 per exercise class.

We look forward to meeting you and helping you to reach your goals of better self management of your lung condition.

**For more information, or to make an appointment, please phone the ADH Intake Officer on (03) 5772 0908**



## **Pulmonary Rehabilitation**

Do you feel breathless when you:

- Walk up steps?
- Walk slowly along flat ground?
- Are doing the Shopping?
- Are getting showered?
- Are getting dressed?

Then this program is for you!



## Alexandra District Health Pulmonary Rehabilitation Program

To improve your breathing, wellbeing and knowledge, to help you and your support persons to manage your chronic lung condition

### Aims of the Program:

- To increase your knowledge of your lungs
- To increase your strength and the distance you can walk.
- Improve your medication knowledge and inhaler technique.
- To increase your confidence and ability to cope with symptoms.
- To keep you out of hospital by helping you look after your lungs.



COPD—Chronic Obstructive Pulmonary Disease is an illness that is long term limiting airflow to the lungs. Chronic Bronchitis, Chronic Asthma, Emphysema and Bronchiectasis are common long-term diseases that cause shortness of breath.

COPD can be treated but not cured. **You** can slow the damaging process of COPD by increasing your physical and mental wellbeing and by taking medications correctly.

People with COPD get chest infections/pneumonia more often than others, often requiring admission to hospital.

People with COPD often become frustrated, anxious, and depressed; making breathing more difficult, and reducing quality of life.

### Who is the program for?

Any one with a long term lung problem, has difficulty breathing and finds day-to-day activities harder to achieve.

Referrals from yourself, Doctors, District Nurses, Community agencies, Aged Care Assessment Service and hospital patients.

People using long-term oxygen are encouraged to join

### Your First Visit

Date and time will be arranged by you with the Intake Officer.

During this visit you will be assessed by the Respiratory Nurse.

An appointment will be made for a physiotherapy assessment during your first visit. An exercise program will be designed for you by the Physiotherapist.