

## EAST GRAMPIANS HEALTH SERVICE VALUE STATEMENTS



### INTEGRITY

We value integrity, honesty and respect in all relationships



### EXCELLENCE

We value excellence as the appropriate standard for all services and practices



### COMMUNITY

We respect the dignity and rights of our community and acknowledge their beliefs, regardless of their cultural, spiritual or socioeconomic background



### WORKING TOGETHER

We value equally all people who make a contribution to EGHS to achieve shared goals



### LEARNING CULTURE

We strive to continually learn and develop through education, training, mentoring and by teaching others

## Community Health Centre

Girdlestone Street, Ararat 3377

Office hours:

**Monday to Friday**

**8:30am - 5:00pm**

Bookings can be made in person or  
by calling **03 5352 9327**.



Improving the health of our community

East Grampians Health Service  
offers an extensive range of services  
to keep people well and living at  
home.

# PULMONARY REHABILITATION

## What is Pulmonary Rehabilitation?

Pulmonary rehabilitation is an eight week program that includes supervised exercise sessions and education.

It involves the Physiotherapist, Exercise Physiologist, Dietitian, Speech Therapist, Social Worker and Occupational Therapist.

## Who can attend

Anyone with chronic lung diseases such as:

- Emphysema
- Chronic bronchitis
- Bronchiectasis
- Interstitial lung disease
- Asthma

Or if you have:

- Shortness of breath
- Frequent admissions to hospital for treatment
- Restriction to your activities because of breathlessness
- Increased effort to complete normal activities

The relaxed atmosphere encourages you to ask questions and time is available to socialise with other participants.

Group numbers are kept small to provide an individualised program in a safe and friendly environment.

## What does the program do?

The program aims to:

- Increase your ability to be physically active
- Reduce depression and anxiety
- Increase your social support and meet others in a similar situation
- Improve the health of people with risk factors who would benefit from an education and exercise program
- Help reduce the number of admissions to hospital
- Improve overall quality of life by increasing your independence and functioning

## Do I need a referral?

Yes, you will need a referral from your usual GP.

## When and where is it held?

Fridays from 10:00am to 12:00pm in the Community Health Centre.

## How do I make an appointment?

Appointments and enquiries can be made by contacting the Program Coordinator at the Community Health Centre on ph: 5352 9327.

At the end of the program you are welcome to join a weekly exercise class if you wish. This will help you to maintain your fitness level.

## How much will it cost?

Fees will be discussed on booking the program.