

## CONTACT INFORMATION

- There is a small donation of \$4.00 per visit. Services will not be denied if you are unable to pay.
- Transport assistance is available.
- Interpreters are available.
- Your feedback is welcome at any stage of the program. Ask to speak to the program co-ordinator.
- The Alfred Health HARP Pulmonary Rehab and Maintenance program work as part of an integrated Chronic Respiratory model of care.

### Eligibility

- A diagnosis of lung disease.
- Admission to hospital in last 12 months due to lung disease.
- High risk of admission to hospital due to lung disease.

### Location:

We are located at two sites:

- Bentleigh Bayside Community Health  
55A Edward Street,  
Sandringham 3191

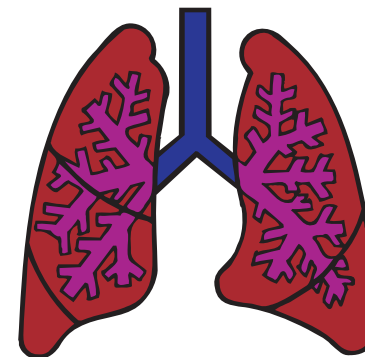
For information about this site: The information and referral worker **9575 5322**

- Inner South Community Health Service  
341 Coventry Street  
South Melbourne 3205

For information about this site: The Information and referral worker **9690 9144**



# AlfredHealth



**Bentleigh Bayside  
Community Health**  
Ph: **9575 5322**

**Inner South Community  
Health Service**  
Ph: **9690 9144**

**Hospital Admission Risk Program  
(HARP)**

**Specialised Chronic Disease Stream**

**PULMONARY REHABILITATION  
AND MAINTENANCE PROGRAM**

## ABOUT THE SERVICE

### **Pulmonary Rehabilitation Program**

Is for people with long-term breathing difficulties (COPD, emphysema, chronic bronchitis, bronchiectasis, chronic asthma and pulmonary fibrosis).

#### **Aims**

- To improve your exercise ability
- Reduce breathlessness during normal activities and
- Improve your quality of life.

#### **Program**

1. Individual initial assessment,
2. Initial 7-week individual exercise program - twice weekly, then
3. Weekly exercise and education sessions for a month
4. Possible referral to other health professionals and services if needed
5. Home exercise programs



Your Physiotherapist will guide you through leg and arm exercises, which may include exercise bike, treadmill walking and light weights

### **Maintenance Program**

Is designed to follow on from any Pulmonary Rehabilitation Program.

#### **Aim**

- To support you to maximize your health and well being.

#### **Program**

1. Initial assessment,
2. Home exercise program and
3. Group exercise and education sessions for 2 hours once a month
4. Referrals to other services made if required
5. Self management support

## WHAT WE PROVIDE

### **Education Sessions**

The education sessions will cover topics such as:

- How your lungs work
- Coping with breathlessness
- Eating for health
- Setting up a home exercise program
- Emotional well-being and stress management
- Getting the most out of your medications
- Energy conservation and relaxation
- Oxygen use
- Airway clearance
- Looking after voice and throat
- Setting up an action plan

### **Results**

For maximum benefit, it is important to attend the program regularly