

**PROGRAM AVAILABLE  
FACE-TO-FACE OR IN THE  
COMFORT OF YOUR OWN  
HOME WITH ANY SMART  
DEVICE OR COMPUTER**

- ✓ Better understand your condition and treatment
- ✓ Improve your ability to do activities
- ✓ Reduce feelings of breathlessness
- ✓ Learn exercises to assist with clearing chest mucus
- ✓ Improve balance and strength
- ✓ Improve independence and mood
- ✓ Improve bone density
- ✓ Manage symptoms and reduce hospital admissions

**Exercises are tailored according to your needs, other conditions and your stage of recovery.**

**You will be lead through this program by a physiotherapist who will link you with other allied health staff and specialist respiratory nursing staff.**



**Speak to your  
doctor today**

**Murrumbidgee Respiratory &  
Heart Failure Service**

**MLHD Community Care Intake Service (CCIS)  
Phone 1800 654 324  
Mon-Fri 8.30am to 4.30pm**



**BREATHE BETTER**

# **Pulmonary Rehab**

**8 week  
program**



**Supervised exercise classes and education for those with chronic obstructive pulmonary disease, emphysema, chronic bronchitis, asthma, interstitial lung disease and bronchiectasis.**

# 8 WEEK PROGRAM - FACE-TO-FACE OR TELEHEALTH

## YOUR HEALTHCARE TEAM



**RESPIRATORY  
NURSE**



**PHYSIOTHERAPIST**



**PHARMACIST**



**DIETITIAN**



**SOCIAL  
WORKER**



**OCCUPATIONAL  
THERAPIST**



**SPEECH  
PATHOLOGIST**

## RESPIRATORY CARE SERVICES

Murrumbidgee local Health District (MLHD) offers a Respiratory Care Service for people with lung conditions.

The service helps you manage your condition and its symptoms such as breathlessness, as well as your capacity to perform daily activities, increasing your confidence and ability to cope.

The Respiratory Care Service also provides education and support which assists with optimising your quality of life and helps avoid unplanned hospital admissions.

## PROGRAM INCLUDES TWO SUPERVISED EXERCISE AND EDUCATION SESSIONS A WEEK FOR EIGHT WEEKS.

**The exercise sessions are individualised according to your needs, other conditions and your stage of recovery.**

**Carers and partners are welcome to attend where space permits.**

## SESSIONS INCLUDE:

- Information about lungs and lung conditions
- Self-management of lung disease
- Benefits of exercise and energy conservation
- Medications, inhalers, devices and oxygen use
- Healthy eating
- Stress management and relaxation techniques
- Action Plans
- Safe swallowing and voice care
- Lifestyle and risk factor changes
- Community supports and programs
- Smoking cessation