

## RIGHTS & RESPONSIBILITIES

If you would like a copy of the Rights and Responsibilities brochure you may either request one from a member of the Community Rehabilitation Service (CRS) team or by contacting the hospital direct on 5173 8000.

## OUR SHARED VISION

We will be a leading regional health care provider delivering timely high quality accessible, integrated and responsive services to the Gippsland community.

## OUR CORE VALUES

- Person Centred Care
- Integrity
- Excellence
- Working Together

## CONTACT US

If you would like to make a referral or obtain further information about the program please contact:

Community Rehabilitation Services  
5173 8383 - telephone  
5173 8386 - fax

Hours of operation – Allied Health:

Monday to Friday  
8.00am – 4.30 pm  
Closed Public Holidays

Allied Health Department  
Latrobe Regional Health  
Village Avenue, Traralgon West

PO Box 424, Traralgon, Vic 3844

Website: [www.lrh.com.au](http://www.lrh.com.au)

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## Heart and Lung Group

Do you have a chronic lung or heart



## What is the Heart and Lung group?

This group is offered for people with chronic heart or lung disease. It involves participation in exercise classes and education sessions, that aim to improve physical function and self-management of your condition.

## Who attends the Heart and Lung group?

Any person with an ongoing heart or lung condition can benefit. This includes people with chronic obstructive pulmonary disease (COPD), emphysema, asthma, heart failure and other conditions.

Potential clients should be medically stable and have been assessed as appropriate by a respiratory physician, Cardiologist or General Practitioner.

## What are the benefits

- Help to improve quality of life and enhance the ability to exercise and complete daily activities.
- It can assist in reducing symptoms, such as shortness of breath.
- It may assist in reducing the number of hospital admissions.



## What is involved with this group?

The group combines an exercise class and education session, twice a week for seven (7) weeks.

Before starting the group clients will have an initial assessment with the Physiotherapist and Nurse to establish a personal baseline.

## Multidisciplinary team

The CRS team will provide comprehensive rehabilitation services tailored to meet the specific needs of each client.

The CRS team consists of:

- CRS Team Leader
- Administration Assistant
- Dietitian
- Occupational Therapist
- Physiotherapist
- Allied Health Assistant
- Social Worker
- Speech Pathologist
- Prosthetist and Orthotist

If necessary it can also include:

- Clinical neuropsychologist
- Rehabilitation Medicine Specialist

## How much will it cost?

The group is a free service

## Transport:

The use of private transport is encouraged. If clients are unable to access private transport, information regarding alternative arrangements can be provided.

## Non-attendance

A CRS staff member must be notified if a client is unable to attend the sessions. Where possible, advance notice of holidays or other appointments should be provided to staff.

## Interpreter Services:

Interpreters are arranged if necessary at no cost to you.

