




## Referrals & Enquiries:

You can refer yourself to Pulmonary Rehabilitation. Doctors and other health workers, the hospital, carers, family members and community agencies can also make referrals.



## Where can I find out more?

Enquiries or referrals can be directed to:

### Albury Pulmonary Rehabilitation Program CRC / Allied Health Building

 **Phone:** (02) 6058 4830  
 **Fax:** (02) 6058 4520  
 **Internet:** [www.awh.org.au](http://www.awh.org.au)

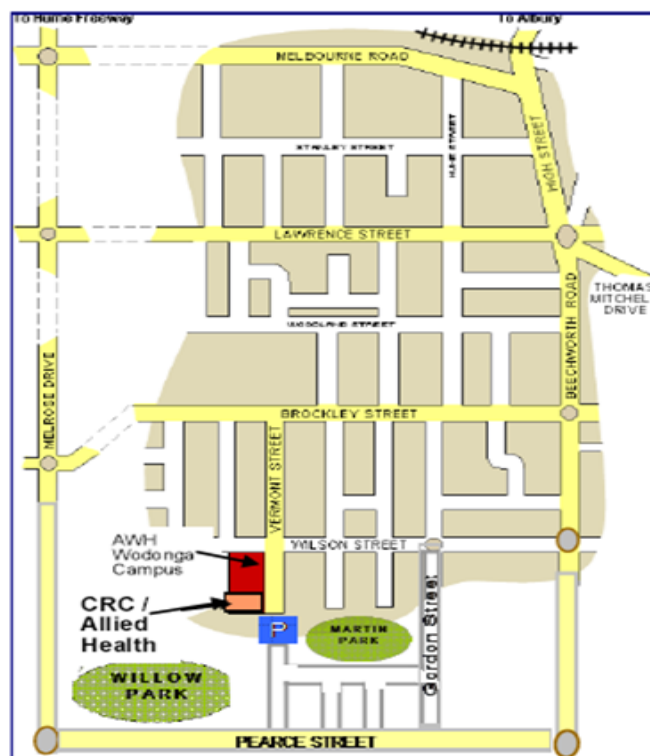
### Wodonga Pulmonary Rehabilitation Program CRC / Allied Health Building

 **Phone:** (02) 6051 7400  
 **Fax:** (02) 6051 7430  
 **Internet:** [www.awh.org.au](http://www.awh.org.au)

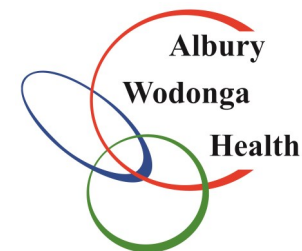
MARCH 2014



Cnr Borella Road and East Street, Albury.



73 - 75 Vermont Street, Wodonga.



## PULMONARY REHABILITATION

### Community Rehabilitation Albury & Wodonga Hospital



## What is Pulmonary Rehabilitation?

Pulmonary rehabilitation is a group education and exercise class for people with chronic respiratory disease who are symptomatic.

Chronic breathing problems can limit daily activities because of shortness of breath, fatigue and anxiety. Reduction in how active you are can lead to reduced fitness and decreased confidence.

### Aims of the Program:

- Reduction in feelings of breathlessness and fatigue.
- Increased participation in physical and social activities that you enjoy.
- Improved confidence to manage your breathing problem.
- Increase your quality of life.
- Meeting other people with similar conditions and sharing management strategies.

## Pulmonary Rehabilitation

### Involves:

- An initial assessment by a Physiotherapist.
- Setting personal rehabilitation goals.
- Participating in a 8 week program aimed to achieve your goals.

### Pulmonary rehabilitation involves a team approach, which includes:

- You and your significant others.
- Your Doctor.
- The Pulmonary Rehabilitation team consists of: Dietitian, Exercise Physiologist, Nurse, Occupational Therapist, Pharmacist, Physiotherapist and Social Worker.

## What to Wear:

- Loose comfortable clothing and appropriate shoes for exercising.

### ALBURY:

Mondays 1.30pm to 2.30pm  
and

Wednesdays 1.30pm to 3.30pm.  
Albury CRC / Allied Health Building.

### WODONGA:

Tuesdays 1.30pm to 3.30pm  
Wodonga CRC / Allied Health Building  
and

Community Exercise Sessions:  
Thursdays 9.30am to 10.30am.  
At various community locations.