

Chronic Heart Failure Group

About the Program

Chronic Heart Failure Group is a support group for people who have heart failure.

This group is an exercise and education program that will help you manage Chronic Heart Failure and share your experience. The sessions run twice a week for eight weeks.

Our aims

- To help you, your family and carers better understand chronic heart disease and its management
- Improve your physical activity
- Reduce your risk of hospitalisation

Exercise sessions

Benefits of exercise:

- Increase fitness and strength
- Manage fatigue
- Assists in performing daily tasks
- Makes you feel good

Team involved

Registered Nurse

Dietitian

Exercise Physiologist

Social Worker

Occupational Therapist

Regional Assessment Officer

Educational topics

1. What is Chronic Heart Failure?
2. Medication
3. Exercises to manage
4. Healthy eating
5. Sleep hygiene
6. How to do your day to day activities at home, at work and for enjoyment
7. Relaxation, dealing with anxiety and stress
8. Community Assistance Programs

Who can come to the Group?

People who have Chronic Heart Failure and their carers.

How can I join the group?

You can contact us directly on 5381 9333 or ask your doctor or other health professional to refer you to the group.

Venue: Arapiles Building
Rehab Gym
83 Baillie Street, Horsham

Duration: Two one-hour sessions
One Exercise and one Education Session every Friday for 8 weeks

Enquiries

Please direct further queries to the
Community Rehabilitation Centre

Ph: 5381 9333