

Session 6 - Psychologist

- Emotional impact of a heart event
- Depression/anxiety and heart disease
- Advice on emotional recovery

Session 7 - Occupational Therapy

- Stress and heart disease
- Relaxation and stress management strategies
- Practical relaxation session

Session 8 - Occupational therapy

- Returning to activities after a heart event
- Practical advice on returning to work and leisure
- CPR and defibrillator demonstration

DISCHARGE PLAN

At the completion of your program individual review to discuss long term heart health. Information about rehabilitation progress given to GP.



✓ **CONSUMER REVIEWED**

This publication has been reviewed by a health service user

BOOKINGS AND APPOINTMENTS

 1800 007 224

Email: intake@bch.org.au

Fax: (03) 5258 0864



You can make an appointment yourself or ask your doctor, health worker or other service for a referral.

Eligibility criteria and waiting periods may apply to some of our services.

BCH acknowledges the traditional Custodians of the land where we work, and pay respects to Elders past, present and emerging.

HEALTH CENTRE LOCATIONS

OCEAN GROVE CENTRAL

78 Presidents Ave
Fridays
8:30am - 5:00pm

HEADSPACE OCEAN GROVE

78 Presidents Ave
Monday - Thursday
8:30am - 5:00pm
Ph: 5253 0400

OCEAN GROVE KINGSTON

5-7 Goodwell Drive
Monday - Friday
8:30am - 5:00pm

DRYSDALE

23 Palmerston Street
Monday - Friday
8:30am - 5:00pm

DRYSDALE YOUTH

Peninsula Drive, Behind bus shelter Number 5
Monday - Friday
9:00am - 5:00pm
Ph: 5253 0400

PORTARLINGTON

39 Fenwick Street
Monday - Friday
8:30am - 5:00pm

POINT LONSDALE

2 Nelson Road
Monday - Friday
8:30am - 5:00pm

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www.bch.org.au

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PO Box 26 Point Lonsdale 3225

ABN 96 536 879 169

Heart Health Program



bch Bellarine
Community
Health

With you for life

Bellarine Community Health provides specialist health services for all ages across five locations on the Bellarine. We are committed to providing quality, affordable health care.

Bellarine Community Health is proud to promote and advocate for the health needs of our diverse community.

Our service provides safe, inclusive and high quality care for everyone.

HEALTH SERVICE FEES

Fees for health and dental services are calculated based on your income and your ability to pay.

Fees will be explained prior to an appointment being made for you.

Difficulty or inability to pay will not prevent you from receiving treatment or service.

BCH is a registered NDIS provider.

Visit www.bch.org.au for detailed list of fees.

GIVE US FEEDBACK

Bellarine Community Health is wholly committed to improving our services through your experiences.

Please contact us at haveyoursay@bch.org.au or download a feedback form from our website.

CARDIAC REHABILITATION

The Cardiac Rehabilitation Program is a professionally supervised eight week program to assist people who have experienced a recent heart event or heart surgery.

The weekly education and exercise program is developed on the Heart Foundation guidelines and is facilitated by qualified Cardiac Nurses and support from Exercise Physiologists.

The program aims to help you recover physically and emotionally after a heart event or surgery in a supportive environment. Attending Cardiac Rehabilitation also addresses your individual cardiac risk factors to prevent future heart problems.

YOUR REHABILITATION PROGRAM INCLUDES

- Support and advice from Cardiac Rehabilitation experts
- Comprehensive initial assessment and ongoing recovery monitoring
- Weekly graded and individualised exercise program supervised by an Exercise Physiologist
- Weekly information sessions on different recovery and heart disease prevention topics
- Personalised reviews to assist your return to usual life, activities and exercise after a heart event

PROGRAM DETAILS

Your program start date is

Wednesdays at BCH Point Lonsdale

9:30 am - 11:00am

10:15am - 11:45am

1:30pm - 3:00pm

INFORMATION SESSIONS

Session 1 - Cardiac Nurse

- How the heart works
- Causes of heart disease
- Heart conditions and treatments

Session 2 - Pharmacist

- Common heart medications
- Potential side effects
- Medication advice and safety

Session 3 & 4 - Dietitian

- Eating for heart health
- Healthy food and drink choices
- Tips for dietary change
- Reading product labels

Session 5 - Exercise Physiologist

- Risk factors for heart disease
- Benefits of exercise
- Overcoming exercise barriers

Continued over...