

Want to know more

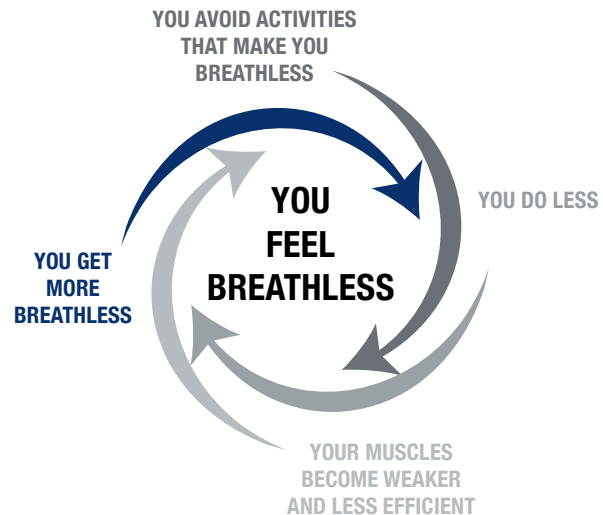
<https://www.myagedcare.gov.au/>

<https://www.heartfoundation.org.au/>

<https://lungfoundation.com.au/>

<http://www.ahs.health.wa.gov.au/>

Avoid the breathlessness cycle:



Getting to appointments

You will need to arrange your own transport to appointments.

If you need transport assistance, consider applying to 'My Aged Care' for subsidised transport by calling 1800 200 422. You may also be eligible for transport support under the National Disability Insurance Scheme if you are under 65 years (ph 1800 996 214).

Current bus and train timetables can be found by calling the Transperth Infoline on 13 62 13 or by visiting the Transperth website:

<https://www.transperth.wa.gov.au/>.

Train stations near Armadale Hospital include Armadale and Kelmscott stations. Regular buses connect from Armadale or Kelmscott train stations directly to Armadale Hospital.

A Transperth bus stop (no. 13369) is located at the main entrance of Armadale Hospital. Buses servicing this stop include:

- › 220 (via Wellington Street Bus Station, Armadale and Kelmscott train stations)
- › 249 (via Armadale and Kelmscott train stations).

For more information contact

Armadale Hospital Community
Rehabilitation: 9391 2620



This document can be made available in alternative formats on request.

Armadale Kalamunda Group

ahs.health.wa.gov.au ›

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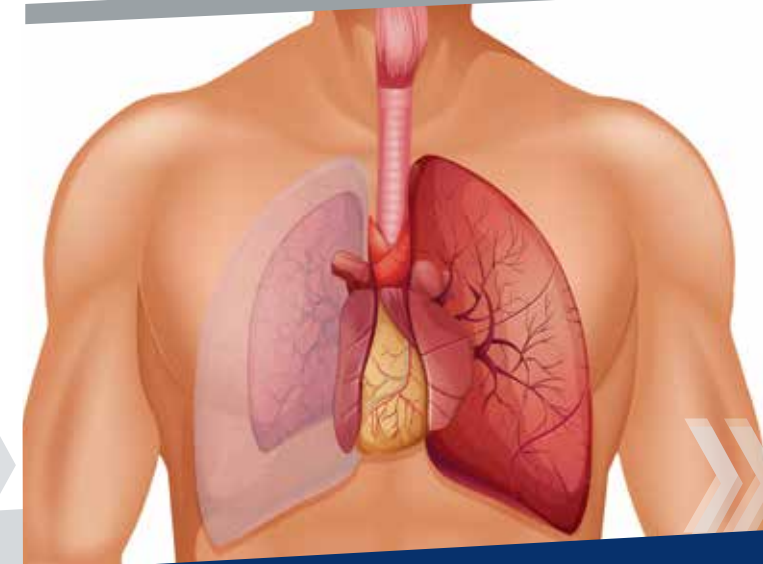


Government of Western Australia
East Metropolitan Health Service



Cardiac and Pulmonary Rehabilitation

A guide for patients, consumers, carers and families





Who benefits?

Cardiac rehabilitation is beneficial for anyone with a heart condition, whether it be a recent heart attack or long term problems such as abnormal heart rhythms or heart failure.

Pulmonary rehabilitation is helpful for people who experience symptoms such as breathlessness due to a persistent lung condition such as emphysema, chronic obstructive pulmonary disease (COPD), interstitial lung disease or bronchiectasis.



Why should I attend?

Research has consistently shown that people who attend rehabilitation have better outcomes including:

- > Reduced breathlessness
- > Improved ability to perform everyday tasks
- > Better quality of life
- > Better understanding of their condition
- > Reduced need to return to hospital.



What happens at rehabilitation?

First, you will be reviewed individually. Then you may be recommended for one of the small group programs. All exercise will be supervised by a physiotherapist, including walking and other physical activities that are tailored to your capabilities. There may also be education about your condition, tips for self-management and a review by other team members such as the dietitian, nurse or psychologist.



Where can I do rehabilitation?

Armadale Hospital offers Community Rehabilitation at the pink flower entrance on the ground floor.

You may be able to access other rehabilitation programs in a location that is more convenient to you. Locations include Rockingham, North Lake, Cannington and Bentley. Armadale Hospital can advise you on these services.

