

# Give your heart some love!

Heart failure programs help you stay well at home. Hospital and community based health programs with exercise, education and support.



**Heart failure or cardiac rehab' specialist programs are an important part of your heart failure journey. They are run by qualified health professionals and are available in your local area.**

## Options for everyone



hospital programs with exercise, education and support<sup>1</sup>



home-based services



mobile phone and internet-based services



telephone-based services



culturally appropriate<sup>1</sup>



tailored to your specific needs<sup>1</sup>

## Program benefits

- Helps you to set your own goals
- Keeps you out of hospital<sup>1</sup>
- Helps you manage well at home
- Improves your quality of life
- Helps you be as healthy as possible
- Works with your GP to provide the best care available



Did you know

**1 in 4 people with heart failure are readmitted to hospital within 30 days of going home<sup>3</sup>.**

This may be because they did not have the right support to keep them at home. Heart failure and cardiac rehab' programs provide this support. For heart health information and support call the Heart Foundation Helpline on **13 11 12** or visit **heartfoundation.org.au**

Referral is essential

**You should be referred to a heart failure or cardiac rehab' program as soon as you find out you have a heart condition, or you leave hospital after heart surgery or a heart attack.<sup>2</sup>**

You can ask your GP for a referral or contact the program yourself. It's a good idea to have a regular GP to help with your long term care.

1. Clark RA, Conway A, Poulsen V, et al. Alternative models of cardiac rehabilitation: a systematic review. Eur J Prev Cardiol 2013; 0 (00), 1 - 40. <http://dx.doi.org/10.1177/2047487313501093>. 2. Woodruffe S, et al. Australian Cardiovascular Health and Rehabilitation Association (ACRA) Core Components of Cardiovascular Disease Secondary Prevention and Cardiac Rehabilitation 2014. Heart, Lung and Circulation (2015), <http://dx.doi.org/10.1016/j.hlc.2014.12.008>. 3. Average 30 day all-cause unplanned heart failure readmission rate 2007-8 to 2013-14. HF determined using DRG F62A, F62B of index episode, not risk adjusted. Department of Health and Human Services, Feb 2015. This infographic was developed by the NSW Cardiac Rehabilitation Working Group December 2019