



COMMUNITY HEALTH REHABILITATION PROGRAMS

Today we focus on a range of rehabilitation programs delivered by the Deniliquin Health Service to support the wider Deniliquin Community.

With support from allied health professionals, nurses, exercise physiologists and allied health assistants the health service aims to provide both educational and exercise based approaches.

The main objectives of these programs are to increase strength, endurance and mobility of participants as well as equip them with the knowledge they need to live safely and independently, and overall, improve quality of life.

Integrated Care Program

Do you have a condition like diabetes, heart disease or a long term breathing problem like chronic obstructive pulmonary disease (COPD)?

Do you need help accessing services to help you manage better at home?

Integrated Care can:

- Connect you to the right services and support
- Work with you to find services that provide the right care for you
- Help you to work with your GP to assist you to manage your chronic conditions together
- Provide education and tools to assist you to understand and manage your chronic condition
- Give extra support in your home to help with your health and other needs.



The Integrated Care team works with you and your family or carer to help you manage your illness, so you can stay healthy at home. Integrated care supports self-management of your health conditions. Please contact Francine Wade (03) 5882 2900 for more information.

Stepping On Falls Prevention

“One in three people aged 65 years and over fall each year and it is one of the leading causes of hospital admissions for over 65’s.”

Stepping On is an educational falls prevention program offered to people over 65 years who have either fallen or have a fear of falling. The program allows people to improve their knowledge and confidence regarding falls prevention with the overall aim of reducing the risk of falling and maximising independence for everyday activities.

The free program runs for seven weeks and combines simple balance and strength exercises with educational sessions presented by the Physiotherapist, Dietician, Occupational Therapist, Pharmacist, Podiatrist and Optometrist. For further information please contact our Allied Health Assistants Nicole Hunt and Hanna Rath on (03) 5882 2900.

Deniliquin Health Service Strength Program

The strength program is a six week exercise group run by the Physiotherapist and Allied Health Assistant, aiming to increase participant’s overall strength and conditioning. This program is targeted at those who have had a long hospital stay, therefore reducing their strength and mobility. This may be after extensive surgery, a long medical illness or other medical event.

The group is small and each participant will have an assessment prior to commencing the program with the Physiotherapist. Individual rehabilitation goals are set in conjunction with the participant and a tailored exercise program is designed by the Physiotherapist. We aim to improve participant’s confidence in their abilities, reduce falls risk and improve safety of mobility. For more information please contact our Physiotherapist on (03) 5882 2887.

Participation in group programs and improving quality of life is an important factor in maintaining good mental health.

Transitional Aged Care Program

The Transitional Aged Care Program (TRACs) home service provides short-term intervention for a period of up to 12 weeks. It is for older people who have completed their hospital stay and will benefit from further short-term rehabilitation to complete their recovery. The program aims to help the older person optimise their health and well-being.

The target group:

- Medically stable and ready for discharge from a hospital or rehabilitation centre
- Assessed by the Aged Care Assessment Team (ACAT)
- Able to benefit from short-term, low intensity therapy in the community
- Wanting to actively participate in optimising their independence through rehabilitation.
- Wanting the opportunity to assess their options for long term care arrangements (including staying at home)
- 65 years and over, Aboriginal and Torres Strait Islanders, 50 years and over.

What will be provided?

Services will be delivered in the person’s home. A comprehensive package of services will be provided to meet the person’s assessed needs. These services include the following but are not limited to:

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| Case management | Occupational Therapy | Dietician |
| Home assistance | Physiotherapy | Social Work |
| Exercise Physiology | Nursing support | |

Cardiac Care and Rehabilitation

“Take action to improve your quality of life.”

Heart Disease affects at 55,000 Australians a year.

The Deniliquin Cardiac Care Service assists people to return to their normal activities and reduce further risk of cardiac events. The first critical step to recovering and prevention is a Cardiac Rehabilitation program. Cardiac Rehab is a program specifically designed for people with heart disease, angina, heart attack, coronary stents, heart surgery and heart failure. The focus is to promote strategies for achieving goals, self-management and prevention.

Deniliquin Cardiac Service gives support to high risk clients along with a cardiac exercise and educational program once a week on Tuesday mornings. The program runs for eight weeks and is supported by our cardiac care coordinator, physiotherapist, allied health assistant, occupational therapist, social worker, dietician and pharmacist. Please contact our Cardiac and Respiratory Care Coordinator, Di Gardiner RN (03) 5882 2934.

Pulmonary Care and Rehabilitation



Picture taken prior to Covid-19.

Chronic Obstructive Lung Disease affects 1 in 7 Australians over the age of 40 years.

Symptoms of COPD can slowly get worse and people tend to adjust their lifestyle rather than seek medical assistance. Breathlessness and a persistent cough is not a normal part of aging nor is it always associated with a cold or flu.

The Lung foundation urges people to have an early diagnosis which can be performed by the Respiratory Nurse by means of a Spirometry test.

The Deniliquin Respiratory Service provides management programs and support to improve quality of life, reduce illness and hospital admissions. This also includes the Pulmonary Rehabilitation Program which runs 2 days a week for 8 weeks. Monday 10am-11am and Wednesday 10am-12noon.

The Pulmonary Rehabilitation Program is delivered by a registered nurse, physiotherapist and allied health team. If you have breathlessness, wheeze, chest tightness, frequent chest infections, persistent cough, increased mucous or phlegm, ever smoked, or frequent exposure to dust, gas or fumes speak to your Doctor and request a referral to the Respiratory Service. For further information please contact our Cardiac and Respiratory Care Coordinator, Di Gardiner RN (03) 5882 2934.