

Chronic Disease Self-Management Support Programs

- The Lung & Breathless Exercise Group
- Cardio Pulmonary Maintenance Group
- One on One Self-Management Support Program
- Access to a Respiratory Specialist * with a GP referral.

Referrals for this service:

- Clients may refer themselves by contacting SCHS
- Referrals are accepted from all service providers

Service Contact

PHONE (03) 5022 5444
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This program is located at

**137 Thirteenth Street, Mildura
(Corner Thirteenth Street & Deakin Avenue)**

General Enquiries

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SCHS would like to acknowledge all the traditional Aboriginal tribes on whose land we live and work as the first people of this Nation.

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CHRONIC DISEASE SELF-MANAGEMENT SUPPORT PROGRAM



SCHS
Sunraysia Community
Health Services



Our Service

This program aims to empower people living with chronic disease(s) to better manage their health, to improve their quality of life, and reduce avoidable trips to hospital.

Eligibility

Clients with heart and/or lung conditions such as emphysema, chronic asthma, heart failure; Diabetes and risk factors for chronic disease.

Service Information

This program offers a range of services tailored to client's individual needs.

Each service offers education, support, and assistance to navigate the health care system to ensure you can access the services you need.

Exercise groups

Our exercise programs are free, safe and enjoyable and run by exercise professionals. The groups enable clients to remain socially connected with people in similar circumstances.

Our specially trained instructors will tailor the exercises to your individual needs.

The Lung and the Breathless

This exercise group is provided twice a week for 1 hour. It aims to prepare clients to be more active, and to monitor and manage their health conditions.

Cardio Pulmonary Maintenance Group

This group rotates on a 12 week on, 12 week off basis. This exercise group aims to improve symptoms of breathlessness making daily activities easier.

Clients are required to have completed a pulmonary or cardiac rehabilitation program within the last 12 months to be eligible.

Risk Factors for chronic disease include:

- High blood pressure
- High cholesterol
- Overweight/ Obesity
- Physical inactivity
- Tobacco use
- Excessive consumption of alcohol



Access to a Respiratory Specialist:

Our staff can help facilitate access to a Respiratory Specialist via Telehealth, in collaboration with the Royal Flying Doctor Service (RFDS) and your GP, if required. Your GP will need to provide a referral.

Self-Management Support:

This one on one service assists clients and their families to understand their central role in managing their illness, make informed decisions about care, and engage in healthy behaviors. The experienced staff can ensure you have access to all the services you need to remain safe and independent.