



<b>NAME OF SERVICE</b>	<b>Pulmonary Rehabilitation Gym</b>	
<b>ADDRESS</b>	126 Kareena Road	
<b>CITY</b>	MIRANDA	
<b>STATE</b>	NSW	
<b>POSTCODE</b>	2228	
<b>TELEPHONE</b>	(02) 9540 7956	
<b>FAX</b>	(02) 9540 7869	
<b>DESCRIPTION OF SERVICE</b>	Multidisciplinary group gym exercise and education program to enable self-management of chronic respiratory disease, or following lung surgery.  Oxygen may be provided in the gym for exercise if needed.	
<b>HOW TO REFER</b>	Referrals accepted from specialists only, due to very high demand for service. (eg. Respiratory Specialist, Geriatrician, Cardiologist) 1. Electronic Medical Record (eMR) referral (TSH) or 2. Fax an <a href="#">Access and Referral Intake Form</a> to (02) 9540 7869 or scan and email to <a href="mailto:SESLHD-SouthCareIntake@health.nsw.gov.au">SESLHD-SouthCareIntake@health.nsw.gov.au</a>	
<b>REFERRAL CRITERIA</b>	A person that: 1. Is a resident of the Sutherland Shire 2. Specialist clearance to attend must be documented on referral. 3. Has a chronic respiratory condition or recent lung surgery. 4. Has the ability to follow instructions. 5. Has the ability to use some gym equipment. 6. Is motivated to continue to exercise regime at home.  <u>Exclusion Criteria:</u> 1. <i>Severe cognitive impairment.</i> 2. <i>Blind.</i> 3. <i>Infection that places other participants at risk.</i> 4. <i>Client requires second person to assist with walking safely.</i> 5. <i>If modified exercise is likely to exacerbate conditions.</i>	
<b>IS THERE A WAITING LIST</b>	Yes	
<b>WAITING LIST DETAILS</b>	Priority is given to clients with a recent history of lung surgery or hospital admission.	
<b>HOURS/DAYS OF OPERATION</b>	Assessments 0800 – 1600 Exercise groups run 12.30pm – 3:30pm	Monday - Friday Tuesday and Friday (NB: Clients attend both days)
<b>APPROXIMATE COST</b>	Limited bus transport. \$5.00 donation if used.	