

How do I get involved with PACE?

1

If you have a heart or lung problem, ask your doctor about PACE or chat to the PACE Coordinator on [03 5754 3595](tel:0357543595).

2

You will have a one on one startup assessment with the PACE team, a nurse and an exercise physiologist or physiotherapist.

3

You will receive an education pack and an individual exercise plan that will help you understand and manage your condition.

4

You will receive weekly professional monitoring and guidance to help you improve your health.

Implemented by:



phn
MURRAY

An Australian Government Initiative

This service is supported by funding from the Australian Government under the PHN Program

In Partnership with



phn
MURRAY

An Australian Government Initiative

PACE

Pulmonary and Cardiac Exercise & Education

Helping local people with heart and lung conditions to improve their health.

PACE Coordinator

pace@alpinehealth.org.au

phone: 03 5754 3595

fax: 03 5754 3596

www.alpinehealth.org.au

PACE Brochure V:1.0 March 2018





What is PACE?

The PACE Program offers one on one assessments, education sessions, exercise classes and individual home based exercise plans. PACE is conducted by and supervised by health professionals.

Programs like PACE are implemented worldwide by skilled health professionals. These programs are well recognised by doctors such as respiratory specialists and cardiologists.

Research has shown that by completing the programs, participants can significantly improve their quality of life.

Support Person

You are welcome to bring a support person. It can help them understand what you have gone through, and how they can look after themselves to support you.

What suits you?

The PACE Program is designed to fit the needs of each participant. PACE offers both centre based or home based rehabilitation options at locations across the Alpine Shire.

Please contact the PACE Coordinator regarding options to meet your needs. The centre based options are outlined below.

Mt Beauty • Monday

Exercise Sessions - 10.00am
Information Sessions - 11.00am

Location: Lakeside Community Care Building, Lakeside Avenue, Mt Beauty (opp. the CFA)

Bright • Wednesdays

Exercise Sessions - 10.00am
Information Sessions - 11.00am

Location: Ovens Valley Physio and Pilates, 10 Ireland Street, Bright

Myrtleford • Thursdays

Exercise Sessions 10.00am
Information Sessions - 11.00am

Location: Ovens Valley Physio and Pilates, 159 Myrtle Street, Myrtleford

Contact the PACE Coordinator to discuss your transport needs.

What does it cost?

There is no cost to you for the PACE Program

Is PACE for you?

PACE is strongly recommended if you have a heart or lung condition.

You will receive personalised advice and support to find more enjoyment in day to day activities, to feel more confident, to recover sooner and to prevent health problems in the future.

How to get involved with PACE?

You can get involved by getting a referral from your doctor or you can contact the PACE Coordinator.

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