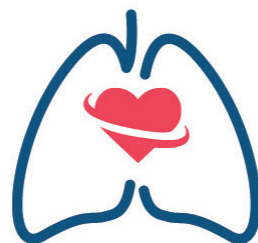




The Programme

- Breathing exercises
- Improving fitness
- Anxiety strategies
- Nutrition
- Advanced Care Planning
- Home exercises
- What to do when you get ill
- Continence
- Role of the Social Worker
- Goal setting
- Managing breathlessness
- Medications
- Occupational Therapy
- Options to continue exercising
- Sputum clearance

If you are limited by breathlessness please ask your GP for a referral to Better Breathing Hawke's Bay



If you have any questions or need more advice, please ask your GP or practice nurse.

Alternatively, you can phone us on
06 878 8109 ext: 5799 or
0800 673 845 ext: 5799



Scan the QR code for an introductory video on better breathing

All Te Whatu Ora Hawke's Bay sites are smokefree, for free advice and support to quit phone 0800 300 377

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Te Whatu Ora
Health New Zealand

Te Matau a Māui Hawke's Bay
**Better Breathing
Hawke's Bay**

Pulmonary and Heart Failure Rehabilitation

What to expect

After you've been referred, a team member will meet with you and your whānau for an individual assessment to discuss the programme and how it could help you.



Matika, e oho, maranga
Be the best you can be

The Programme:

One hour of education and one hour of supervised exercises twice a week for 8 weeks.

We help you to develop skills to manage your breathlessness and provide you with the information you need to make the best choice for your health care. You will receive input from Health Care Professionals from many different areas who can provide you with help and guidance.

You can meet and network with others in the same position as you.

Locations:

- Hastings
- Napier
- Wairoa
- Waipukurau
- Home based options
- Online using ZOOM
- ... plus more being added

Options are available depending on your needs:

- Gym-based
- Online
- Home-based

Outcomes for you

- Better understanding of your condition
- Better understanding of treatment options
- Improved symptom management
- Improved quality of life
- Enhanced self-management skills
- Closer relationships with health professionals
- Strategies to stay well

