



**Lakeridge  
Health**

## Ambulatory Rehabilitation Centres: Respiratory Rehabilitation Clinic



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## Ambulatory Rehabilitation Centres: Respiratory Rehabilitation Clinic

Respiratory Rehabilitation is a program for people with chronic lung disease who want to improve their health, function and quality of life.

### About the Program

#### *Phase One: Assessment and Program Development*

- Individual assessment to determine your needs and set goals.
- Enrollment in a small group for 10 weeks.\*\*

#### *Phase Two: Education and Exercise Sessions*

- Twice weekly exercise sessions to improve your physical function.
- Weekly education sessions to learn how to manage your lung condition on a daily basis; family members are also welcome.
- Re-assessment at the end of the program to measure your improvements.
- A plan on how to continue being active after the program.

#### *Phase Three: Follow up*

- Follow-up assessment approximately 3 months after the program to help you maintain improvements.

\*\*One on one session available for those unable to participate in the 10-week program.



### What are the expected benefits?

- Reduced breathlessness.
- Reduced feelings of anxiety, depression and isolation.
- Improved ability and confidence to exercise.
- Increased participation in everyday activities.
- Improved knowledge and ability to manage a lung condition.
- Reduced hospital visits.
- Improved quality of life.



### I find exercise really hard, will this program be suitable for me?

If you get breathless, you may start to avoid participating in physical activities. As a result, your muscles will weaken and you will experience a loss of fitness. This means when you do need to be active, you get even more breathless. Exercise training helps to reverse this cycle of inactivity and breathlessness. After completing this program, your increased fitness level means activities such as showering, walking or gardening may become easier. This leads to an improved quality of life and greater independence.

### Will it be safe for me to attend?

Yes. Respiratory Rehabilitation is very safe. Once you have medical clearance for exercise, a customized exercise plan is designed for your current fitness level and health status. Exercise is always supervised by health care professionals. The program is delivered in a comfortable, safe, non-judgemental environment.

### How do I enroll?

Discuss enrolling in the Respiratory Rehabilitation program with your lung doctor, family doctor or nurse practitioner.