

Cost

Fees are as follows:

- \$72 for the 8-week program (\$9 per week) for low-medium income* earners
- \$144 for the 8-week program (\$18 per week) for high income* earners
- Transport to and from home can be included in these fees
- Partners/carers are welcome to attend the education sessions at no cost

Fees and transport will be discussed with clients at initial assessment to determine the fee payable. If you are a concession card holder or experiencing financial difficulty please discuss at initial assessment.

Private Health Funds and Department of Veteran Affairs may reimburse some costs – eligible clients should consult their Private Health Fund or DVA as appropriate.

*

	Low - Med Income	High Income
Individual	< \$81,194	>\$81,194
Couple	< \$108,543	>\$108,543
Family (one child)	< \$111,941	< \$111,941
	plus \$6,104 per additional child)	

What do I need to bring?

- Wear comfortable clothing and footwear to exercise in
- Water
- Snack for after class
- Glasses and hearing aids (if you need them)
- Mobility Aids (if you need them)
- Medications such as Ventolin or Anginine or GTN (if you need them)
- Oxygen (if you need it)

How do I get more information?

Please make an appointment with your GP for further information or contact the SIS coordinator.



Bree Parison
Exercise Physiologist
SIS Program Coordinator

Bree has had vast experience in cardiopulmonary rehabilitation throughout her career. She has a strong focus in exercise prescription in chronic disease and strives to improve the health, quality of life and self-management in each and every patient.

T: (03) 5348 2227 M: 0488 313 151
E: b.parison@springsmedical.com.au

Daylesford
10 Hospital Sreet
tel: (03) 5348 2227
fax: (03) 5348 1447

Trentham
22 Victoria Street
tel: (03) 5424 1602
fax: (03) 5424 1851

admin@springsmedical.com.au



Put a Spring In
your Step (SIS)

Wellness
Program



springsmedical.com.au

This leaflet provides information about the 'Put a Spring In your Step' (SIS) Wellness Program at Springs Medical. Please speak to your General Practitioner (GP) or the SIS Coordinator for further details.

Do you want the best out of life? Do you want to improve your skills at managing your own health so you can spend more time doing what you love? Then spring into action with the **'Put a Spring In your Step' (SIS) Wellness Program**.

The **'Put a Spring In your Step' (SIS) Wellness Program** is an 8-week wellness program.

This program will give you tools, tips and advice that will help you manage your health. You will get a better understanding of how your health affects your body and mind and how diet, exercising and catching up with friends, family, or doing activities you love helps to improve your quality of life.

Aims of the Program:

- To increase your strength, exercise capacity and the distance you can walk
- To improve your quality of life
- To increase your confidence and ability to self-manage and cope with your condition
- To keep you out of hospital
- To encourage life long behaviour change

How do I get Involved?

SIS is a wellness program for eligible participants living in the Hepburn Shire and involves exercise and education. If your GP has referred you to the program the next step is to have an initial assessment with the SIS coordinator or SIS Exercise Physiologist.

The SIS Administration Officer will be in contact with you to discuss the program and book in an initial assessment. If you have not discussed this with your GP but you are interested in finding out more, ask your GP if you are suitable for referral to the SIS program.

Initial Assessment:

This will take approximately 30-40 minutes. During this visit, your assessment will include measurements such as; blood pressure, heart rate, weight, height, and medical history to assess baseline function. At the first visit the program will be explained to you in more detail and you will have the opportunity to set some goals for the 8-weeks.

8-Week Wellness Program:

During weeks 1-8 there will be 2 x 1 hour exercise sessions per week in groups of 8-10 people. These sessions will be with an Accredited Exercise Physiologist in a local fitness facility. An individual exercise program will be designed for you. It will be gentle at first and each time you will be asked to do a little more. There will also be 1 x 1 hour education session per week, delivered by Allied Health professionals.

The sessions will include: Information about how to self-manage your health with a Wellness Nurse; Pacing yourself with Exercise and Breathing Techniques with a Physiotherapist; Fuel Well, Feel Well with a Dietitian; Medication Management with a Pharmacist; Living With Joy with a Psychologist and Foot Health with a Podiatrist. There will also be a session on Advanced Care Planning - navigating the paperwork.

You are welcome to bring your partner, carer or a friend to the education sessions at no cost.

8-Week Assessment:

At the end of the 8-weeks, you will have another assessment and have the option to join the 6-week maintenance program. The SIS coordinator or Exercise Physiologist will perform an evaluation of the program which will incorporate tips to keep you motivated and empowered to continue on your wellness journey. You will be encouraged to see the **SIS** coordinator or Wellness Nurse, 6 to 12 months post completion of the program for an assessment and review of your goals and management plan.

Optional 6-week maintenance program:

During the optional 6-week maintenance program you will continue to have 2 scheduled exercise sessions per week, with support from the Exercise Physiologist. The emphasis will now be on self-management support. Supporting you to manage your own exercise program and find what works for you.

The aim is to continue with healthy lifestyle adjustments through the program and beyond to stay fit and improve health and wellness.

Where will the program be held?

The program will be held across the Hepburn Shire for residents of Hepburn Shire or patients of Springs Medical. The exercise sessions will be held in local fitness facilities in Daylesford, Trentham and Creswick. We welcome external referrals from surrounding medical practitioners for Hepburn Shire residents. Please refer to Springs Medical website for details.

Program Partners:



TFNC

