



Helping you breathe more easily

Do you have a respiratory illness and struggle to catch your breath, which makes day-to-day tasks difficult? Then we can help.

Our Respiratory Wellness program is customised to your needs, with help from our qualified health professionals. They will help you learn how to make small lifestyle changes to conserve your energy, eat well, stay socially active and mobile, keep relaxed and to manage your respiratory wellbeing.

For more information:
1300 782 896 | integratedliving.org.au





Breathe easily with our **Respiratory** Wellness program.

This program will run for 16 weeks:

- Full assessment by our qualified health professionals;
- Recognising any respiratory condition;
- Helping you make changes at home;
- Tips for preventing respiratory illness progressing;
- Once a week face-to-face group sessions;
- Setting and achieving goals to improve your health;
- Use of an iPad for duration of the program.

To be eligible you must:

- Be aged 65 years and older or 50 plus if you identify as Aboriginal or Torres Strait Islander;
- Be interested in staying socially active and mobile, learning tips to manage your respiratory wellbeing;
- Have a My Aged Care Referral.