

Welcome to CROP Education

Cardiac Rehabilitation Outpatients Program

Welcome

You are enrolled in Cardiac Rehabilitation Outpatients Program (CROP) Education, based at Kirwan Community Health Facility.

The Program

CROP Education is a series of group sessions to help you care for your heart. The Program's content provides general information for all the participants, rather than being individualised to you. Some of the information shared may not be fully relevant to you, but the other group participants often benefit by your experiences & questions.

What do I bring?

- The orange CROP Education folders
- Biro/pen
- Your questions

Please feel free to bring a support person (e.g. your significant other, neighbour or friend) who will often have questions/queries of their own.

Remember:

Your responsibilities

- Report to main reception upon arrival for every session (for fire and safety)
- Sign-in when entering the Meeting Room, this will ensure you don't repeat a session
- Feel free to take any prepared resources
- Turn your mobile phone to silent or vibrate

What if I need more help?

Please discuss any concerns with your presenter, they may be able to refer you to other Community Services, such as:

- Dietician
- Psychology
- Aboriginal & Torres Strait Islander Health Worker
- Occupational Therapist
- Social Worker
- My Aged Care

If you are unable to attend:

Please ensure you advise us if you are unable to attend your scheduled session. By phoning:

☎ **Kirwan Community Health Facility:**
4433 9500 (8- 4.30pm) or

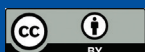
☎ **CROP Nurse: 4433 9046 (8- 4.30pm)**

The program runs all year round and appointments can easily be rescheduled, please talk to your presenter. Failure to attend 2 sessions without notice may result in cancellation from the program.

Notes:



Partnering with Consumers - This patient information brochure supports National Safety and Quality Health Service Standard 2. Consumers and/or carers provided feedback on this patient information.



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