



## HOME EDUCATION RESPIRATORY REHABILITATION SERVICE (HERRS)

- 1 Are you coughing or wheezing?
- 2 Is it becoming increasingly difficult to breathe?
- 3 Are you becoming anxious or frustrated with shortness of breath?
- 4 Is exercise difficult?

### If you answered yes, AND you have been diagnosed with

- Chronic Obstructive Pulmonary Disease (COPD) or
- Chronic Airways Limitation (CAL) or
- Chronic Obstructive Airways Disease (COAD)

*Avail yourself to this free service offered by Central Coast Health.*

Residents of the Central Coast who have a proven diagnosis of COPD are able to access this comprehensive service provided by the Respiratory Liaison Nurse.

HERRS keeps in contact with your local Doctor, Respiratory Physician and other community services.

Referrals to support services such as home care, respite care and community nursing can be initiated if required.

You can be seen by the respiratory liaison nurse in your own home or at the nearest health centre. The choice is yours.

Carer's and family members may choose to be present at the interview with you.

### Issues covered are:

- Education into COPD
- Self management of COPD
- Breathing techniques
- Energy conservation
- Medication and delivery devices
- Gentle exercise program
- Support for client and carer

### BENEFITS FOR CLIENTS AND CARERS

- Potential to improve your level of function
- Improves quality of life for people who have COPD and carers
- Increases clients and carer's skills and knowledge in management of COPD
- Help maintain independence
- Referrals to appropriate community services
- Support for clients and carers from the Respiratory Community Nursing Team

### Referrals can be made to HERRS by:

- Hospital staff
- Yourself
- Carers and family
- General Practitioners
- Specialist
- Community services/support services
- Allied health

## HOW TO CONTACT US

Call **4356 9400** or fax 4356 9401

Postal Address

Respiratory Liaison Nurse

Wyong Central Community Health Centre

Level 2, 38a Pacific Highway, Wyong NSW 2259

## BREATHING EASIER

**H**ome  
**E**ducation  
**R**espiratory  
**R**ehabilitation  
**S**ervice