

Cardiac Rehabilitation Lothian: Your Heart, Your Future – Next Steps

When you get home from hospital you will be contacted by the cardiac rehabilitation service by phone or letter. You will be invited to come along for an assessment with a cardiac rehabilitation practitioner. The purpose of this assessment is to help you to agree a care plan to support your recovery, health and well-being.

Care and support planning will help you think about:

- Things that are important to you and that can help you live a happy and healthy life
- Understand your heart condition and the treatment you have received.
- What you can do to self manage your condition on a long term basis.
- Anything else in your life which has been affected by your heart condition.
- Deciding together what support you may need.

There are 4 stages to care and support planning

1. Prepare

Think about your assessment and anything you want to talk about at your review. Are there things that could help you to live well and stay well?

2. Discuss

Say what is important to you, ask questions and consider the options together. You can lead the discussion.

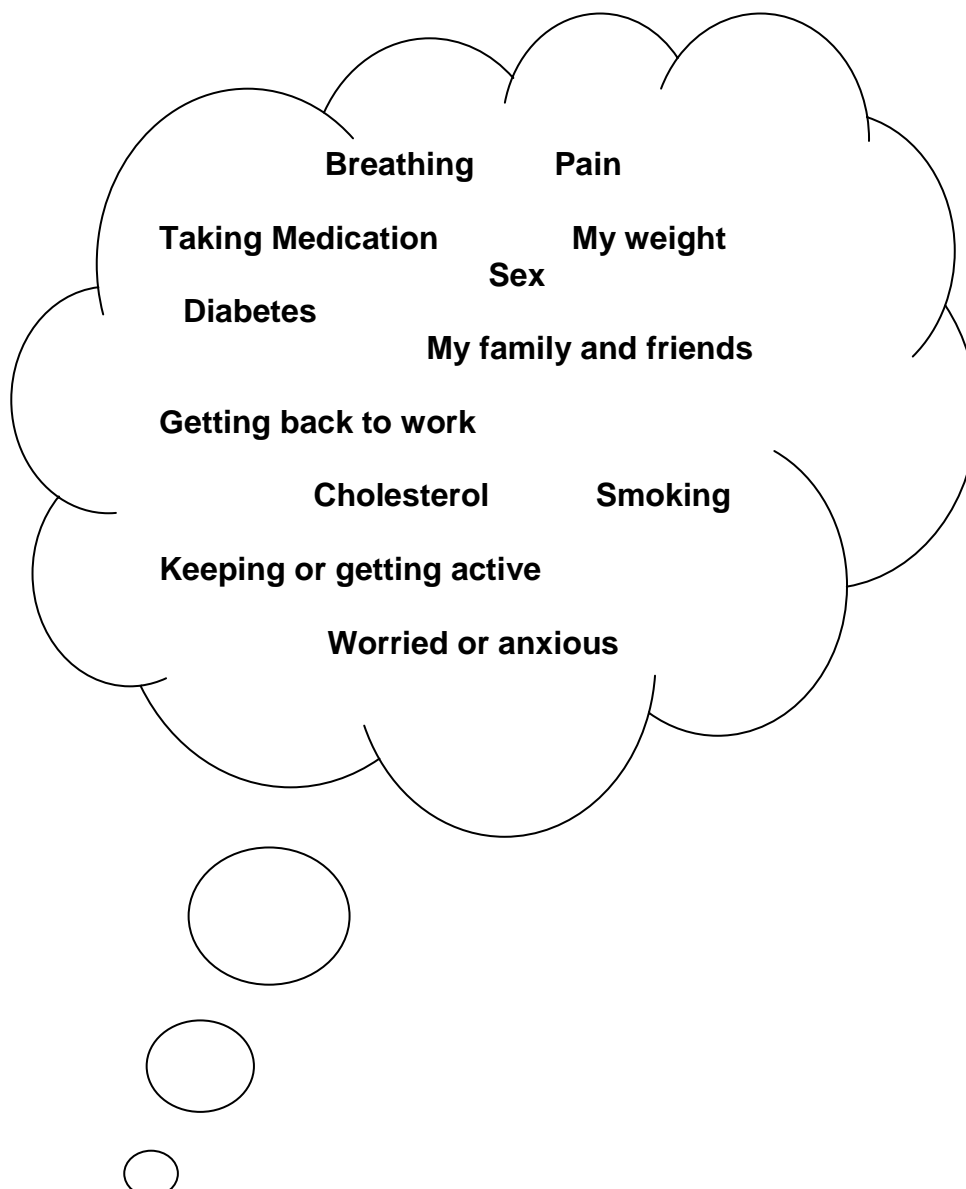
3. Make a plan

Together you can agree a plan setting out what you have decided to do.

4. Review

Review the plan with cardiac rehabilitation practitioner to see how you are getting on.

Things that may be on your mind – What matters to you



Please contact the number below if you have any questions regarding your next steps.

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