



# Cardiac & Stroke

## REHABILITATION SERVICE



**“Kia Whakatinanatia ko te ihi, ko te wehi,  
ko te wana me te hauoranga o te whānau”**

“Living our Tino Rangatiratanga through strong,  
healthy, vibrant and prosperous whānau”

# CARDIAC & STROKE REHABILITATION SERVICES

## WE PROVIDE:

A service that aims to implement a high quality community cardiovascular rehabilitation programme that is effective for Whānau Māori.

### **Homevisits**

- Registered Nurses
- Mirimiri Therapist
- Iwi Health Worker

### **Referrals To**

- Disability Support Link
- Carefone Medical Alert
- Kaumatua Services
- GP Clinic

### **Promotions**

- Healthy Lifestyle Choices

### **Assessments**

- Clinical Assessments
- Support Assessments
- Care Plans/Goal setting
- Whanau Ora Comprehensive Needs Assessment

### **Education**

- The Heart
- Stroke
- Medications
- Nutrition & Exercise
- Stress Management

## COVERAGE AREA

Hamilton, Whatawhata, Cambridge,  
Tauwhare and Te Awamutu

**Contact us if you are 18 years or over and are experiencing:**  
Stroke (non-acute), Transient Ischaemic Attack, Unstable Angina, Myocardial Infraction, Angioplasty, Valve Replacement, Coronary Artery Bypass Graft

**Or if you have two or more of the following:**

High Blood Pressure, Diabetes, Overweight, High Cholesterol, Cigarette Smoker



*“Whaia tau e hiahia ai, kia eke ai ki te taumata”*

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