

hope
in every

breath

About Us

Lung Foundation Australia is the nation's leading and trusted lung health charity. We fund life-saving research, advocate for increased government support and deliver programs and services that transform the lives of those impacted by lung disease and lung cancer, giving hope in every breath.



Supporting Australians impacted by lung disease and lung cancer, now and into the future.



Contact our Information and Support Centre via:

Freecall 1800 654 301

enquiries@lungfoundation.com.au

lungfoundation.com.au/connect

CONNECT
TO CARE

Helping you to live your best life with lung disease or lung cancer.

Know.
Plan.
Protect.
Connect.



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celebrating
30
years

CONNECT TO CARE

Live your best life
with a lung condition.

Being told you or someone you love has a lung condition can be overwhelming and frightening for you and your family. The medical information you receive may be confusing and difficult to understand at times but you're not alone. Whether you're living with lung cancer, Chronic Obstructive Pulmonary Disease, bronchiectasis, Idiopathic Pulmonary Fibrosis, Pulmonary Arterial Hypertension, or caring for a child with a rare lung disease, Lung Foundation Australia is here for you, providing a range of services and programs to empower and support you to live your best life.



Information and Support Services

Information and Support Centre

Lung Foundation Australia's Information and Support Centre team provide guidance, information and support, and can connect you with relevant support services and resources to help you live well with lung disease or lung cancer. The free and confidential service is available via freecall 1800 654 301 Monday to Friday 8:00am-4:30pm (AEST) (excl. public holidays).

Lung Cancer Support Nurse

Our highly experienced oncology nurse provides a free telephone-based service for people living with lung cancer, as well as their families and carers. This service provides evidence-based information regarding diagnosis, treatment, symptom management and wellbeing, in addition to guidance about support services. Appointments can be made via our website or by calling our Information and Support Centre.

Respiratory Care Nurse

This free telephone-based service is available for people living with Chronic Obstructive Pulmonary Disease or bronchiectasis. Our highly experienced nurse provides evidence-based guidance on all aspects of your condition and connects you with relevant support services. The service offers three telephone appointments over a few months to ensure you receive the support you need. Appointments can be made via our website or by calling our Information and Support Centre.

Education and Resources

Accessing evidence-based and practical information can help you better understand your condition and empower you to live your best life. Lung Foundation Australia has a range of digital and hard copy resources including fact sheets, webinars and booklets, which have been developed in collaboration with clinical experts and consumer representatives. The resources can be accessed via our website or through our Information and Support Centre.



Peer Support

A lung disease or lung cancer diagnosis can be isolating and the emotions you experience can affect your overall wellbeing. Connecting with someone who understands what you are going through can make all the difference. Lung Foundation Australia offers a range of peer support programs and groups that can connect you with others who share a similar lived experience. Programs include online, face-to-face or telephone support groups across a range of lung conditions.



Exercise Programs

Regular exercise is an important part of managing a lung condition as it helps you to maintain fitness and strength, improve your overall wellbeing and reduce symptoms such as breathlessness. Pulmonary rehabilitation is a 6-8 week exercise and education program that teaches you the skills you need to exercise safely and manage your breathlessness. Once you have completed pulmonary rehabilitation, Lungs in Action is a community-based program designed to help you maintain the benefits you achieved and is a great way to meet others who understand what it's like to live with a lung condition. Lung Foundation Australia offers connection to these programs and other resources to help keep you moving.

**CONNECT TO CARE
TODAY**

Freecall **1800 654 301**
lungfoundation.com.au/connect