

Referral Services

Lung Foundation Australia is connected to a number of externally run groups and programs which can support you in living well with your lung disease. We are able to refer you to the following independently operated services.

Support Groups

Apart from the physical symptoms that come with having a lung condition, you may also experience a range of emotions which can affect your overall wellbeing.

The Lung Foundation supports a network of support groups throughout Australia for patients and carers affected by a lung disease. These groups provide people in similar situations the opportunity to come together to support each other, share practical tips and to help break down the sense of isolation that can often be experienced.

Pulmonary Rehabilitation Programs

Pulmonary rehabilitation is an exercise and education program provided by specially trained health professionals that teaches you the skills needed to manage feeling short of breath and to stay well and out of hospital.

After completing pulmonary rehabilitation, many patients find they can do activities that they had previously given up. The criteria to participate in these programs will vary depending on the individual program and location.

Lungs in Action Exercise Groups

People who exercise regularly are more likely to maintain their capacity to exercise, which supports every day activities. You can attend community-based Lungs in Action exercise classes offered in different locations throughout Australia.

These classes are run by Lungs in Action Instructors who have been specially trained by Lung Foundation Australia. They are for people who have completed pulmonary rehabilitation and have been referred by a health professional.

Lung Health Check

Symptoms of lung disease tend to creep up slowly and people often automatically adjust their daily activities to accommodate or reduce their symptoms rather than getting help. Encourage your family and friends to take two minutes to check in with their lungs via our online lung health check: lungfoundation.com.au/checkin



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*when you can't breathe... nothing else matters**



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Information & Support Services

For more information about the services listed

**Please call
1800 654 301**

or email

enquiries@lungfoundation.com.au

or visit

lungfoundation.com.au



Lung Foundation Australia is the only national first point of call supporting anyone living with a lung disease. Our mission is to improve lung health and reduce the impact of lung disease for all Australians.

Research shows that 1 in 4 people lives with lung disease¹. We understand being diagnosed with a lung condition can have an enormous impact on you and your family. We want you to know you are not alone and that we are here to support you to live well with your condition.

We provide services for people with many types of lung disease, with a specific focus on lung cancer, Chronic Obstructive Pulmonary Disease (COPD), bronchiectasis, Pulmonary Fibrosis (PF), Pulmonary Hypertension (PH), respiratory infections and rare lung disease in children.

Information and Support

Freecall 1800 654 301

Being diagnosed with a lung disease or supporting a loved one can leave you with lots of questions. Our Information and Support Centre team are here to assist you with your questions, provide trusted advice and information, and to connect you with Lung Foundation Australia and community support services. This free and confidential service is available Monday to Friday 8am - 4.30pm (AEST) (excl. public holidays). Please note that this service does not offer medical or treatment advice.



Many thanks for your help and information
- it really helped me get my mother home with her oxygen.
You truly are a credit to your team and I really cannot thank you enough. You were a steady hand in my very rough ocean.
I will never forget what you did.

- Sharyn, ACT



LungNet Newsletter

By receiving our regular newsletter, you can stay up to date with services, events and articles that support living well with a lung condition. You can receive an electronic copy at no cost, or a hard copy by becoming a member of our Love Your Lungs club which offers a range of benefits for a small annual fee.

Support Services

Lung Cancer Support Nurse

Living with a lung cancer diagnosis can leave you feeling stressed and overwhelmed. Contacting our Lung Cancer Support Nurse can provide you with emotional support, clarity in understanding treatments, as well as assistance with navigating your treatment path. This service can be accessed via phone or email.

Lung Cancer Support Groups

We offer Lung Cancer Support Groups for patients and their carers to come together to share experiences, insights, offer support for each other and discuss ways to cope with the challenges of living with lung cancer.

These groups are held by teleconference, or face-to-face (Brisbane only currently).

Peer to Peer Connections

It can make all the difference to connect with someone else who has the same condition - someone who understands what you are going through, especially if you have a rare lung disease where there may be limited opportunities to connect with others.

To address this need, we offer a peer to peer matching service for people affected by Pulmonary Fibrosis (PF) and for parents of children with rare lung disease. This service matches eligible people to other people in a similar situation, via phone or email.

Respiratory Nurse

Living with a lung disease can be challenging and isolating at times, particularly if you live outside the main cities. Our Respiratory Nurse can provide you with emotional support, clarity in understanding your condition, practical suggestions about personal care and management, as well as referral advice to local support services where necessary. This is a new service that will be available via phone or email from late 2018.

Education

Lung Disease Resources

Accessing information about your lung disease will help you to better understand your condition and take the important steps to help you live well. We produce a wide variety of digital and hard copy resources that can be accessed via our Information and Support Centre or website.

Education Seminars

Our Better Living with Your Lung Disease Education Seminars offer you and your family members the opportunity to learn more about lung disease through seminar topics such as managing your condition, current research, and treatment options.

These seminars are presented by health professionals with expertise in areas related to lung disease, and by people living with chronic health conditions. They are held throughout the year in different locations across Australia.

Webinars

We understand that not everyone can attend our face-to-face education seminars. To meet this need we offer webinars covering a number of lung disease areas.

These webinars are delivered by experienced health professionals as well as patients, to provide information, advice and support on living with a lung disease. Participants are able to join the webinar live from the comfort of their own home or access a recording after the event. All that is needed is a computer and an internet connection.

