



## Community Health: Post Covid-19 Recovery Program

### **About the Post Covid-19 Recovery Program:**

The post Covid-19 recovery program is for consumers post Covid-19 diagnosis to support their ongoing journey, to physical, social and mental health recovery. It is recognised that many consumers continue to have prolonged symptoms post their Covid-19 infection, these include: respiratory illness, fatigue, deconditioning, mental health, neurological changes, muscles aches and nutritional challenges.

### **What's involved?**

The aim is to proactively engage clients in a recovery program that will provide a multidisciplinary intervention and development a care plan to maximise consumer wellbeing & recovery. The program runs for 8-weeks with three and six month follow-ups. During Covid-19 pandemic and current restrictions, this will mainly be available through telehealth, however as restrictions ease face-to-face and home visits will be considered as required for consumers.

### **Who can use the service?**

All consumers with a positive diagnosis of Covid-19, reside in the Peninsula health catchment areas and need to be:

- 2 weeks post positive testing Covid-19
- clinically stable
- consent to referral
- aged over 18 years

### **Where is the service?**

All Community Health sites.

### **How to Access this service**

Referrals are accepted from consumers, GP and all health care staff.

Complete the ACCESS referral form– tick Exercise Physiology – Covid-19 program

Or phone an ACCESS worker to register.

# 1300 665 781

Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

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