

# ABORIGINAL HEALTHY HEARTS FEASIBILITY STUDY



## 'Life' by Auntie Cecily Wellington-Carpenter

The Healthy Hearts Artwork was created by the late Auntie Cecily Wellington-Carpenter.

Her family are proud to continue to acknowledge and honour Auntie Cecily's distinguished artwork.

## 12 MONTH EXTENSION OF HEALTHY HEARTS

COVID significantly affected the delivery of our face-to-face outreach model of care. The recruitment and service delivery of the Study was paused for the second time in September 2021 due to Delta and Omicron outbreaks.

The Office of Health Medical Research (OHMR) approved a 12-month extension of the Study to 30 June 2023 to reach the original target of 20 Index Cases (clients) and strengthen the evidence base.

The Study's recruitment and service delivery recommenced in March 2022 and the Healthy Hearts team have re-engaged clients who could not complete the program in 2021.

### We are accepting referrals

- For any Aboriginal person over 18 years of age who lives in the Illawarra Shoalhaven region and has a cardiac disease in which rehabilitation is indicated.
- Family members (over 15 years of age) or other significant people to the client can also join.

Please email referrals to [ISLHD-  
AboriginalHealthyHearts@health.nsw.gov.au](mailto:AboriginalHealthyHearts@health.nsw.gov.au)



## WHAT HAVE WE LEARNT SO FAR

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## WHAT'S HAPPENING IN 2022

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The Healthy Hearts Study will be hosting a range of events to engage Elders, Aboriginal community members and Aboriginal organisations.

Stakeholders will be involved in the development of culturally appropriate health literacy resources and review the Healthy Hearts Model of Care.

Over the span of the 2-year project, the Study has received referrals for 32 clients and eight family members.

To date, 12 clients have started the program, four clients and one family member have completed the program. Unfortunately eight clients and six family members could not complete due to COVID.

The initial findings of the Study are positive particularly around the flexibility of the model and individualised approach to support the complex socio-economic situation of many clients.

## COVID SAFETY

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The project team have implemented mitigation strategies to limit the potential impact of COVID new variants and outbreaks such as access to Rapid Antigen Tests, COVID screening prior to home visits, and following infection control protocols to protect clients as well as staff delivering the program.

## REFERRALS & ENQUIRES

Keona Wilson - Project Manager  
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