



Living well with heart disease

Practical support for patients and families

Draft — under clinical review. General information only; not a substitute for advice from your doctor. To be finalised by ACF clinical advisers before publication.

Life after a heart diagnosis

Many people go on to live full, active lives. Recovery is a process — you don't have to do it alone.

Cardiac rehabilitation

After a heart attack, procedure or new diagnosis, ask about a **cardiac rehab** program: guided exercise plus education and support, one of the best-proven ways to recover well.

Take your medicines as prescribed

Heart medicines work best taken consistently. Side effects or cost? Talk to your doctor or pharmacist rather than stopping.

Look after your mind

Anxiety and low mood are common after a heart event — normal and treatable. Speak to your GP.

For families and carers

- Learn the warning signs and emergency plan together.
- Learn CPR.
- Support healthy routines as a household.
- Look after your own wellbeing too.