



Red Magazine

Quarterly magazine with personal member stories, research and information. To join our mailing list please contact digitalmarketing@cfwa.org.au



Red E-News

Fortnightly e-news about current CF issues and events. To join our mailing list please contact digitalmarketing@cfwa.org.au



Community Fundraising Events

CFWA supports community initiatives to raise funds for services and research. To become a fundraiser or volunteer contact events@cfwa.org.au



Contact

▶ events@cfwa.org.au for information on holding a fundraiser.

We also run a number of our own annual fundraising events:

- Cystic Fibrosis Golf Classic
- 65 Roses Day



A Guide to Services for:
Adults with CF

Contact us

- ▶ cysticfibrosis.org.au/wa
- ▶ facebook.com/CysticFibrosisWA
- ▶ twitter.com/CysticFibrosis1
- ▶ youtube.com/cysticfibrosiswa
- ▶ 08 6457 7333
- ▶ info@cfwa.org.au
- ▶ Look for "Cystic Fibrosis WA" under Hospital and Health Care
- ▶ The Niche Building, Suite C, 11 Aberdare Road, cnr Hospital Ave Nedlands, WA 6009

Cystic Fibrosis WA

Cystic Fibrosis WA (CFWA) is a not-for-profit organisation with a mission to contribute to the social, physical and emotional wellbeing of those affected by cystic fibrosis (CF) in WA and to assist in the advancement of research.

We deliver regular and essential services to many individuals living with CF in WA. Our team includes: Services Manager, Social Worker, Physiotherapist, Community Nurse, Nurse Educator, Education Officer, Health Promotions Officer and Recreation Officer.

Membership of CFWA is free and you can sign up here: www.cysticfibrosis.org.au/wa

This brochure specifically addresses how CFWA can support the changing needs of adults with CF and their families.

Home Care Worker (HCW) Program: Metro and Bunbury

HCWs provide flexible and supportive in-home care, in line with hospital best practice. These services include:

- Airway clearance support
- Assistance with exercise programs
- Nebuliser support
- Occasional respite for individuals with children
- Light cleaning (assessment required)

Personal Trainer (PT) Program

Our PT provides a specific and targeted, in-home exercise program. This program is run in collaboration with the hospital physiotherapist.

Nurses and Physiotherapist

Available for assistance with:

- General advice
- Treatment routines
- Nebuliser assistance
- Motivation
- Health coaching

Social Worker

Available for assistance with general support.

E-Mentoring Program

This program links up young adults with CF to an older, more experienced person with CF who can provide structured guidance and support.

Subsidies

- Country Patient Travel Subsidy – \$50-100 per clinic or hospital visit to assist with fuel, parking and food.
- Patient Support Subsidy – \$200 annual subsidy to assist with the purchase of items such as medical/exercise equipment or gym/sports memberships.

All subsidies are subject to availability.
www.cysticfibrosis.org.au/wa/subsidies

Hospital Support

CFWA staff provide inpatient visits to offer support and deliver a Hospital Support Bag.

Regional Support

Trips to regional areas to provide:

- Education – Families, day cares, schools and health professionals
- Social events – Dinners and coffee catch ups with members
- General support to individuals and families

Education

We can provide education to:

- Extended family
- Workplaces
- Community groups
- Health professionals

Transplant Support Program

This program provides both pre-and post-transplant information and support.

Pre-transplant:

- HCW assistance with airway clearance, exercise and light cleaning
- Counselling
- Buddy program to link up with a transplant recipient
- Information – Positive Profiles booklet (15 personal lung transplant stories)

Post-transplant:

- An annual dinner for transplant recipients and their partners
- Counselling
- Personal training
- Links to further support where required

New or Expecting Parents

Intensive support packages can be provided to individuals with CF both before and after the birth of a new child, including:

- HCW support with airway clearance, light cleaning and respite

Information and Resources

CFWA have developed a range of educational resources including:

Education:

CFSmart

A series of resources for teachers, parents, students and allied health professionals.

www.cfsmart.org

CFFact

A range of factsheets on various CF related topics.

www.cysticfibrosis.org.au/wa/fact_sheets

Exercise:

CFFit

A set of exercise resources to assist with exercising at home or in the gym.

www.cysticfibrosis.org.au/wa/cffit

Nutrition:

CFFood

A set of nutrition resources to assist with age appropriate dietary information and planning.

www.cysticfibrosis.org.au/wa/cffood

CFCooking

Short films featuring people with CF and dietitian cooking healthy CF food.

www.cfcoking.org

Seminars and Expos:

CFWA host various education events each year. Seminars are filmed and available on our YouTube page.

www.youtube.com/cysticfibrosiswa



For more information about services and programs contact servicesmanager@cfwa.org.au or phone 6457 7333