WHAT IS THE HEART FAILURE PROGRAM

The Heart Failure Program provides personalized support to help you stay healthy, manage your symptoms, and live well at home.

Our team works with you to help you:

- Understand your condition
- Manage symptoms early
- Stay independent at home
- Reach your health goals
- Access community supports and services
- Feel more confident managing your health





YOUR CARE TEAM

YOU ARE NOT ALONE

Our team may include:

- Chronic Disease Nurse Navigator
- Family Doctor or Nurse Practitioner
- Cardiologist or Heart Function Specialist
- Community Paramedic
- Other healthcare professionals involved in your care

Together, we work with you to support your health and wellbeing.

CONTACT US:

705-738-7298

cdmp@knfht.ca



LIVING WITH HEART FAILURE?

WE'RE HERE TO HELP.

Supported by:

Kawartha Lakes Haliburton Ontario Health Team

Kawartha North Family Health Team

Haliburton Highlands Family Health Team

City of Kawartha Lakes Family Health Team

Community Care City of Kawartha Lakes

HOW WE CAN HELP

YOUR CARE IS BASED ON YOUR INDIVIDUAL NEEDS.

We can:

- Answer questions about your heart failure
- Review medications and treatment plans
- Help you create a care plan that reflects your goals
- Connect you with community programs and resources
- Support healthy lifestyle changes
- Monitor your health and follow up when needed
- Work closely with your family doctor or nurse practitioner



SUPPORT FOR MANAGING HEART FAILURE STARTS WITH ONE REFERRAL.

REFERRALS

The program is accepting self-referrals and Primary Care Clinician referrals for individuals with a diagnosis of congestive heart failure.

WHAT TO EXPECT

After you are referred, a member of our team will connect with you to learn about your health goals, answer questions, and determine how we can best support you.

Services are tailored to your individual needs and may include education, care planning, follow-up support, and connections to community resources.

FREE PARTICIPATION

There is no cost to participate in the Heart Failure Program.



WHO CAN PARTICIPATE?

This program is for people living with heart failure who would benefit from extra support managing their condition.

Whether you have recently been diagnosed or have been living with heart failure for years, our team is here to help.

You can refer yourself to the program, or a healthcare provider can refer you.

To learn more or get started, contact us directly.