

Cardiovascular disease

Cardiovascular disease affects the heart and blood vessels.



Who is susceptible?

People with disability are more likely to have cardiovascular disease, and at a younger age than the general population.



Heart attack



Stroke



Blood clot



What health conditions increase the risk?

Health conditions such as high blood pressure, cholesterol and increased weight can all increase risk. The risk of cardiovascular disease can be reduced by maintaining a healthy lifestyle and monitoring a NDIS participants' health.



What lifestyle changes help reduce the risk?

Some lifestyle changes that can help reduce the risk of cardiovascular disease include:

- Maintaining a healthy diet
- Avoiding smoking
- Limiting the amount of alcohol you drink
- Getting enough exercise
- Regular health checks by a GP



Ongoing care

NDIS providers can support NDIS participants to reduce their risk of cardiovascular disease by assisting them to access annual health checks and providing staff training on preventing cardiovascular diseases.



Find out more

For full details on this practice alert and the obligations for NDIS support workers, and access to other training and resources, please visit [ndiscommission.gov.au/workerresources](https://www.ndis.com.au/workerresources)



NDIS Quality and Safeguards Commission