

LIVING WITH COPD

If you are living with emphysema and/or chronic bronchitis, you have COPD - a lung condition that, over time, makes it harder and harder to breathe.

We know COPD is difficult to live with and that symptoms can keep you from doing simple daily activities and prevent you from enjoying life.

When your COPD flares up, just as you would if you had a heart attack, you may have to go to Emergency and may be admitted to hospital.

Fraser Health's **BreatheWELL/COPD** can help you manage your condition, so you can feel better, and help prevent flare ups that can land you in hospital.

Fraser Health's BreatheWELL at Home Program

Fraser Health's **in-home** program for people living with COPD is designed to help you to:

- Remain in your home
- Take more control of your symptoms and feel better
- Stay out of hospital as much as possible
- Stay more active
- ENJOY your life more!



**For more information call:
1-604-514-6106**



BreatheWELL/COPD Services

To help patients
manage their COPD at
home.

Breathe *WELL* /COPD Services

BreatheWELL /COPD is a service designed to help you gain more control over your COPD condition.

This **in-home service** is now available for people with a diagnosis of COPD living in Fraser Health service area.

Once you are referred, a respiratory therapist will phone you to explain the program and its benefits. They will perform an assessment and make recommended changes if needed to your care plan during each visit. This will be shared with your Primary Care Provider.

The **BreatheWELL /COPD** service does not replace any of the community services you now use. It adds to them and links you with a range of other services you may need to help you breathe easier.

SERVICES YOU WILL RECEIVE

- **HOME VISITS** by a respiratory therapist, who work with you and your family care provider to develop a care plan. They coordinate all of the services you need, including services you are already receiving plus new ones that will benefit your situation.
- **COACHING AND EDUCATION** to help you learn what to do to stay in control of your COPD condition, remain stable and prevent flare-ups that often lead to hospitalization
- **AN ACTION PLAN** to deal with flare-ups should they occur
- **PARTNERSHIPS WITH YOUR Primary Care Provider** and specialists

- **RESPIRATORY THERAPISTS** will be available during the day to give advice if you need it and provide help if you are showing symptoms of a flare-up

NOTE: You should still go to Emergency at any time if you need to and if a COPD flare-up cannot be avoided.