

COPD

(chronic obstructive pulmonary disease)



 **BSA**® *Com* **Passion**
H O M E C A R E

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Did You Know? COPD affects 15.7 million Americans.

Most people prefer to receive care at home when living with a chronic disease like COPD (chronic obstructive pulmonary disease). Our home health care team will work with your doctor to develop a COPD management plan in order for you to remain at home and live as independently as possible.

COPD Program Highlights

- An interdisciplinary home health care team made up of many types of professionals who can address the ways COPD affects your life
- A thorough COPD therapy plan to help you manage COPD symptoms
- An approach to care that is backed by the latest research so you receive high-quality COPD treatment
- Focus on getting you to be as independent as possible in managing your COPD symptoms through self-care

How Home Health Care Can Help With COPD Treatment

In our COPD management program, we provide you with tools to help you care for yourself and take charge of your own COPD treatment. We offer:

- Nursing services, physical therapy, occupational therapy, speech therapy and social work
- Education about your COPD medications
- Support so you can achieve your personal goals and follow a plan of care developed specifically for you
- Education about breathing exercises for COPD, such as pursed-lip and diaphragmatic breathing
- Education about clearing your airway and conserving energy
- Tools to help you with COPD management (as needed per doctor's orders)
- Education for your caregiver to include them in your COPD treatment plan

Goals of COPD Treatment

Some of the goals of our COPD program include:

- Manage COPD at home by helping you recognize when your symptoms get worse and know what steps to take
- Slow the progression of COPD
- Improve your ability to stay active
- Reduce your chances of needing to go to the hospital
- Prevent and treat COPD exacerbations (flare-ups)
- Help you be as independent as possible
- Make sure your home is safe so you can stay as healthy as possible
- Improve your quality of life and overall health



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