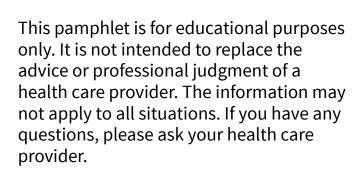
"I used to feel so alone with my illness; now people check on me and I know there's someone I can call if I'm having a problem. I would feel so much more isolated, frustrated, and apprehensive without this support."







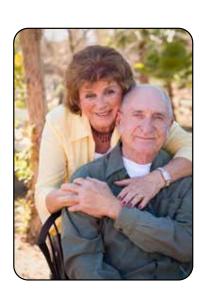
Prepared by: The INSPIRED COPD Outreach Program™
Designed by: Nova Scotia Health Library Services

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### The INSPIRED COPD Outreach Program™

**Cumberland County** 







### The INSPIRED COPD Outreach Program™

Implementing a Novel and Supportive Outreach Program of Individualized Care for Patients and Families Living with REspiratory Disease

# If you have Chronic Obstructive Pulmonary Disease (COPD), the INSPIRED program can help:

- Provide COPD information and support
- Help you create a "COPD Action Plan" to manage flare-ups
- Suggest programs and services that may help
- Help you consider your goals of care and complete a Personal Directive document



#### The program includes:

- 1 to 4 visits in your home or at a nearby health care facility, whichever is easier for you
- Follow-up phone calls and visits, as needed
- A phone number for you to call with questions and concerns

#### Possible benefits

- More confidence in managing your symptoms
- Less anxiety and stress
- Fewer Emergency Department visits and hospital admissions



## You can become part of INSPIRED if all of the following apply:

- ☐ You have moderate to severe COPD.
- ☐ You have been admitted to the hospital because of your COPD at least 1 time in the past year.
- ☐ You do not live in long-term care.
- ☐ You live in the service area.

#### To learn more:

> Phone: 902-667-5400, ext. 6110