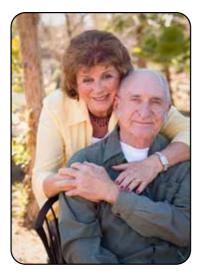
2023

The INSPIRED COPD Outreach Program™

Inverness and Victoria Counties





The INSPIRED COPD Outreach Program[™]

Implementing a <u>N</u>ovel and <u>Supportive</u> Outreach <u>P</u>rogram of <u>I</u>ndividualized Care for Patients and Families Living with <u>RE</u>spiratory <u>D</u>isease

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.



"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."

- INSPIRED patient





This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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

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