

“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



# The INSPIRED COPD Outreach Program™

## Halifax Regional Municipality (HRM)



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

WF85-1823 © November 2023 Nova Scotia Health Authority  
The information in this pamphlet is to be updated every 3 years or as needed.

# The INSPIRED COPD Outreach Program™

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

### INSPIRED helps people with Chronic Obstructive Pulmonary Disease (COPD) by:

- › Providing COPD information and support
- › Helping you create a “COPD Action Plan” to help you manage flare-ups
- › Suggesting programs and services that may help
- › Providing a chance to 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 HRM.

To learn more:

› Phone: 902-719-6164