



“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™ Antigonish County, Guysborough County, and Part of Richmond County (Including St. Peter’s)



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™
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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

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: 902-870-7581