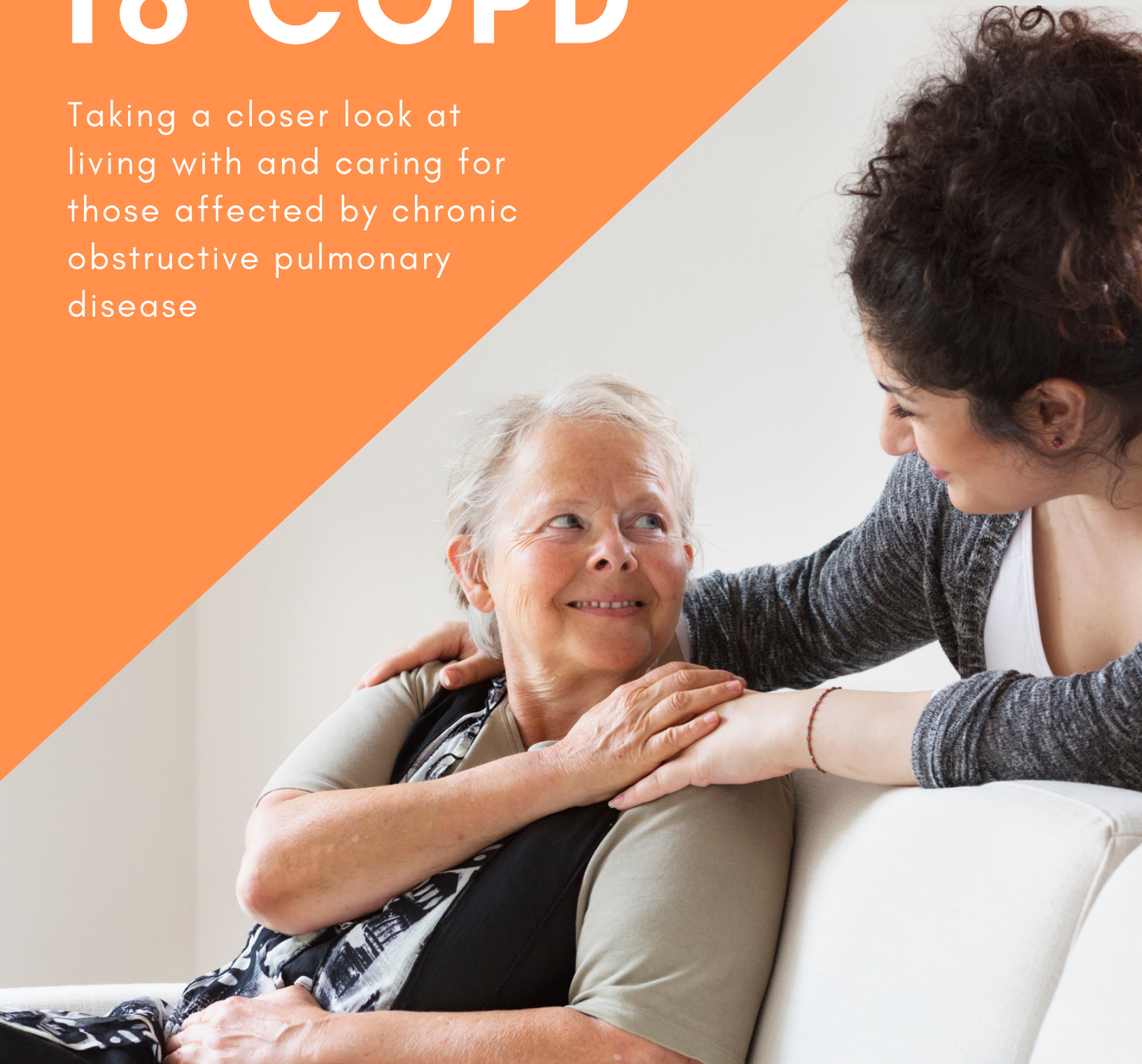


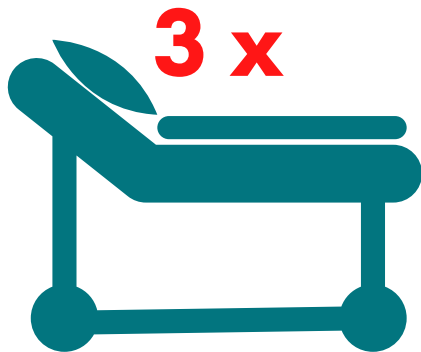
# A Guide to COPD

Taking a closer look at  
living with and caring for  
those affected by chronic  
obstructive pulmonary  
disease



# COPD in Canada

COPD currently affects approximately **3 million Canadians**. COPD is Canada's fourth leading cause of death.



Canadian COPD sufferers have **3x** more incidents of hospital stays over 30 days

The total cost of Canadian COPD hospitalizations is estimated to be **\$1.5 billion** a year.



NOT USING OUR SERVICES ALREADY ?

# GET AFFORDABLE HIGH-QUALITY LIVE-IN CARE

We help you find and manage carefully screened and experienced professional live-in caregivers for your loved ones.

**1-855-410-7971**  
**WWW.CONSIDRACARE.COM**

## WHY USE US ?

- Affordable with no upfront costs or commitments
- Fully vetted caregivers
- Families choose who to hire
- Trial period
- Backup care
- Monthly check-ins to review and update the care plan
- Ongoing caregiver training
- We do payroll, taxes and WSIB
- State-of-the-art platform to guide caregivers and keep you connected with them



# 1. What is COPD?

**Chronic obstructive pulmonary disease (COPD) is a chronic, inflammatory lung disease characterized by obstructed airflow from the lungs. Those with COPD experience great difficulty in breathing. The two major conditions that contribute to COPD are chronic bronchitis and emphysema. They usually occur together and can vary in severity among individuals with COPD.**

## Chronic Bronchitis

Chronic bronchitis is caused by the long-term inflammation of the lining of the bronchial tubes which carry air to/from the air sacs of the lungs. As a result, airways become swollen, irritated and red. This inflammation causes excess mucus production, which prohibits adequate airflow in vital airways.

Typical chronic-bronchitis-related symptoms include a hacking cough, coughing with mucus, difficulty breathing, chest discomfort, wheezing, frequent and severe infections that affect airways.

## Emphysema

Emphysema occurs when the air sacs in the lungs (alveoli) are damaged. Normally, these air sacs stretch like balloons as you breathe, but in emphysema, these air sacs become stiff. Over time, the inner walls of the air sacs weaken and rupture. This reduces the surface area of the lungs, thus reducing the amount of oxygen that reaches your bloodstream.

Those with emphysema typically experience shortness of breath, long-term cough, frequent wheezing, ongoing fatigue, tightness/discomfort in the chest, muscle aches and the ongoing feeling of not being able to get enough air.

# What are the early warning signs and symptoms of COPD?

**The following are the early warning signs and symptoms of COPD. These can differ depending on the individual. Should you experience any of these warning signs/symptoms, contact your primary care physician.**

## Early Warning Signs

- Persistent coughing fits
- An abundance of phlegm (mucus) when coughing
- Difficulty sleeping/insomnia
- Fatigue
- Shortness of breath throughout the day
- Tightness/feelings of discomfort in and around the chest area
- Heightened sense of anxiety
- Yellow sputum (if sputum is coloured green, brown, or red, seek medical care ASAP)
- Flu-like symptoms that don't get better with medication
- Inability to walk as far as usual
- Unable to breathe properly in certain seating positions

## Symptoms

- Chronic cough
- Shortness of breath during everyday activities (dyspnea)
- Frequent respiratory infections
- Blue tinge of the lips or fingernail beds
- Fatigue
- Producing substantial mucus (phlegm/sputum)
- Wheezing
- Difficulty breathing/taking deep breaths
- Unexplained weight loss
- Feelings of lightheadedness/dizziness throughout the day
- Shortness of breath that affects daily routine

## 2. What questions should you ask your doctor about COPD?

Following a COPD diagnosis, it is important to establish and maintain communication between yourself and your doctor(s)/caregiver(s). This will improve your understanding of your condition and can help physicians identify the treatment plan best suited for you. Here are some questions you should ask your primary-care physician following a COPD diagnosis:

### Key Questions to Ask Your Doctor

- Is my COPD currently severe?
- How will COPD affect my everyday life?
- What factors can aggravate my condition?
- Do you recommend I enroll in a pulmonary rehabilitation program?
- Are there any support groups I can join?
- Will you be prescribing any medications? What are the side effects?
- Should I make any changes to my current lifestyle?
- What symptoms should I watch out for that indicate I need emergency care?
- Will my COPD worsen in the future?
- Are there any preventative measures you recommend I adopt in my day-day life?
- Will I need in-home health care?
- How often will I need to visit the hospital for check-up appointments?



# 3. How can COPD impact an individual?

Aside from their lungs, loved ones with COPD may notice their condition affecting other aspects of their life. In particular, they might find COPD negatively affects their day-day life as well as their emotional well-being. Following are some of the ways that COPD can affect an individual's quality of life.

## Daily Life

1. COPD can take a toll on your body, leaving you more vulnerable to certain illnesses and infections. Your doctor will probably recommend the COVID-19 vaccination as well as the Flu and Pneumonia vaccinations.
2. Keep an eye on the weather: Weather can have a huge impact on your COPD. Both cold and humidity can cause flare-ups. Check the weather and avoid going out in extreme conditions. Pay attention to air quality and pollen alerts.
3. Create a plan: Create a schedule for your medications. This includes any pills as well as nebulizer or oxygen treatments and inhalers. Always have your rescue medications on you in the event of an emergency.

## Emotional Well-Being

1. Work on your relationships: COPD can leave you feeling exhausted. As well, it can make you feel depressed or anxious. This can affect your relationships so communicate how you are feeling with those around you. Seek professional mental support if needed.
2. Need for a support group: Ask your doctor about local support groups to help you learn to cope with your COPD. As well, you should be able to find online support groups.



# What are the ways in which one can cope with living with COPD?

**A COPD diagnosis can be quite stressful, but you do not need to panic. With the correct support, care and lifestyle changes, you can still preserve your quality of life and prevent the condition from worsening. The following are helpful tips for living with diabetes:**

## 1. Communicate

Communicate with your friends and family :

- Talk to those around you about your COPD. Let them know your limitations.
- Make them aware of your medications.
- Explain any symptoms that may require emergency care.

## 2. Keep fit

There are a number of things COPD patients can do to manage it:

- Practice breathing exercises to help improve your lung capacity.
- Exercise but do not overexert yourself, especially if you are experiencing COPD symptoms.
- Stay in shape and eat a healthy diet

## 3. Be prepared

- Keep your doctors' appointments, any follow-up procedures and after-care.
- Keep rescue medications on hand.
- Know when to call for help.

## 4. Avoid triggers

Clean air is critical for those with COPD

- Invest in a HEPA air filter
- Smoke, cleaning products, dust and other things can cause your COPD to flare up. Learn your triggers early on and avoid them at all costs.



# 4. Caregiving and COPD

**Caring for someone with COPD can be challenging. Here are some expert tips on how to provide day-to-day care for someone with COPD:**

## 1. Be informed

Take time to learn about COPD. Know your loved one's triggers and when emergency medical care is needed. You should know the proper way any COPD medication devices are used and help your loved one as needed.

## 2. Focus on safety

Ensure that those in your care live in a smoke-free environment. Remove anything that may cause a flare-up (cleaning products, allergens, and so forth).



## 3. Keep them organized

Make sure your loved ones keep their appointments for tests, procedures, and treatments. Help them keep track of their medications.

## 4. Be supportive

Ask how you can help. Be sincere as some people are hesitant about asking for help.

# How can ConsidraCare help?

Chronic diseases can be a challenge, especially for seniors, but with proper care, it may be possible to maintain a healthy and happy lifestyle.

Our care experts can help you assess your needs and match you or your loved one with a screened, professional and dedicated live-in caregiver experienced in providing care for common chronic conditions. We also provide you, your family and your caregiver with tools and support to deliver an affordable and superior alternative to long-term care facilities.

Why is ConsidraCare's live-in home care a better alternative ?



## **Consistent, 1-on-1 personal care**

Carefully screened and vetted caregivers matched with your loved one's care needs. Primary caregivers stay with the loved one at least 75% of the time.



## **Families stay in control**

We recommend but the families choose who to hire, get a trial period and engage directly with caregivers through our smart platform.



## **Cost-effective, high-quality care**

More affordable than hourly agencies and assisted living facilities, with faster caregiver placement and higher quality of care.



## **We have your back**

We assist with hiring, planning of care and daily tasks, payroll, taxes, WSIB, backup care and more, and are always on hand to help.

Call us now for a free consultation from our dementia care experts

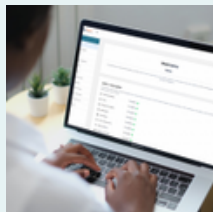
**1-855-410-7971**

**wecare@considracare.com**

**www.considracare.com**

# How does ConsidraCare work?

ConsidraCare places dedicated live-in care professionals within the homes of seniors , and provides their families and caregivers with a state-of-the art- platform to improve collaboration, increase visibility and improve the delivery of care.



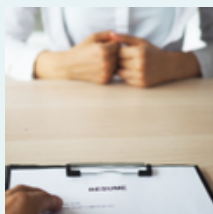
## 1. Needs assessment

We first work with families to identify their care needs and build a detailed care plan for the loved ones.



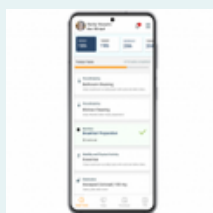
## 2. Caregiver matching

We match live-in caregivers from our pool of pre-screened caregivers with the loved ones' specific needs and personality, and arrange the interviews with the caregivers short-listed by families.



## 3. Hiring and trial period

We assist with the logistics of hiring and orienting the caregiver and setting up accounts for CRA, WSIB and payroll processing. The first week is a trial period to allow the families and caregivers to get comfortable with each other.



## 4. Ongoing care management

Families and caregivers use the ConsidraCare platform to coordinate care planning, daily tasks and timesheets. We take care of payroll, updating care plans, monitoring care delivery and assisting the caregivers and families with addressing any issues.



## 5. Backup and respite for the caregiver

Every few weeks, we arrange for a back-up caregiver to give the primary caregiver a respite break. Backup caregivers can also be provided to cover the primary caregivers when they take vacation.

Call us and we would be happy to help with your care needs

**1-855-410-7971**

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