

COPD PLANNING ROADMAP

Prepare for Key Life Changes

How to Use: Review this table to understand what key life changes to expect and things to do in each stage.

| | Key Life Changes | Things to Do |
|------------------------|--|--|
| BEGINNING STAGE | Learn ways to slow progression & lessen symptoms | <p>Prioritize lung health by:</p> <ul style="list-style-type: none"> • Consider quitting smoking and getting updated on pneumonia and flu shots • Take medications as prescribed • Limit exposure to triggers (e.g. pet dander, dust, respiratory illnesses) • Integrate good nutrition, regular physical exercise, and social engagement • Make time for medical visits and pulmonary rehab programs |
| MIDDLE STAGE | <p>Manage increased flare ups & symptoms</p> <p>Address personal affairs early</p> | <p>Use self-management strategies:</p> <ul style="list-style-type: none"> • Continue with healthy lifestyle changes as mentioned above • Learn techniques for effective coughing, breathing, and clearing phlegm <p>Designate person(s) for healthcare support, including future healthcare oversight:</p> <ul style="list-style-type: none"> • Companion for appointments • Advance Care Plan discussions • Substitute Decision Maker / Power of Attorney for health care • Point person(s) for coordination, communication and documentation of care |
| LATE STAGE | Arrange supports to manage personal care as illness progresses | <p>Assess needs and get support to maintain daily routines:</p> <ul style="list-style-type: none"> • Cleaning, groceries, meal preparation, banking, home affairs • Medication management • Exercise, social interaction and companionship • Transportation • Emotional support • Support for family caregivers to prevent burnout <p>Use techniques for maximizing energy and independence:</p> <ul style="list-style-type: none"> • Make home modifications to enable mobility (e.g. walker, wheelchair, stair lift) • Enhanced home care supports (e.g. public home care, private care, community) • Consider living arrangements (e.g. one floor living, retirement home) |
| END STAGE | <p>Plan for major changes in physical function & independence</p> <p>Prepare for End of Life</p> | <p>Assess ability to provide care at home:</p> <ul style="list-style-type: none"> • Add home care supports for feeding, bathing, hygiene, dressing, toileting • Ensure action plan is in place for symptom flare ups • Ongoing support for family caregivers to prevent burnout <p>Make care decisions with a focus on quality of life:</p> <ul style="list-style-type: none"> • Review which medications are no longer needed • Discuss preferences for Do-Not-Resuscitate or Allow-Natural-Death <p>Manage additional personal affairs:</p> <ul style="list-style-type: none"> • Share critical account access, passwords, important contacts • Complete Will & Estate Planning • Talk about funeral and burial plans, legacy leaving • Discuss preferred location of care (e.g. hospice supports) |

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