

# Get the help you need to manage your breathing better at home.

Coping with coughing, wheezing, and shortness of breath is challenging. It can make carrying out your daily activities difficult. There's a six-month health coaching and remote monitoring program called Telehomecare that may be able to help. It is available at no charge to patients and is designed specifically to support people with chronic obstructive pulmonary disease (COPD), which includes conditions like emphysema and chronic bronchitis.



## Personalized and simple

This program aims to make managing your condition as simple as possible. It meets your individual needs, focusing on your specific health considerations. It also provides coaching to help you achieve the life goals that are most important to you, like being more physically active, spending quality time with family, engaging in hobbies you enjoy, or being able to work.



## In the comfort of your home

Remote home monitoring means less time spent travelling to appointments, being at the hospital, and having to go to the emergency room. It also means knowing how to watch out for signs your condition may be worsening, and knowing how to manage on your own.



## Coaching and goal setting

Share your goals with your nurse who will help you make positive lifestyle and behaviour choices. Working together, you will outline an action plan. Your nurse will provide coaching and encouragement to help you meet your goals, such as quitting smoking, getting more exercise, and eating better.



## Monitored by a nurse

A specially trained nurse monitors your condition at a distance. If any readings suggest a change in your condition, your nurse will contact you to see what might be contributing to the problem and discuss how to keep you healthy. Information about how you're doing will be shared with your family doctor.

## TAKE CONTROL

### What your experience will be:

1

#### Customize your program.

The monitoring and coaching is based on your unique condition and circumstances. Working together, you and your nurse will address your specific health challenges and work together to achieve your specific goals.

2

#### Receive your health kit.

You will receive easy-to-use equipment to measure your blood pressure, the oxygen in your blood, and your weight daily, as well as a computer tablet. You will learn more about how your body works and what may be a good, or not so good, influence on your condition.

3

#### Connect with your nurse.

Your nurse will call regularly to see how you are and to talk about the progress you're making toward your goals. Together you will discover opportunities to make, and maintain, simple changes to help improve your life.

4

#### Graduate from the program!

After six-months you will have the skills to manage your condition in the best way possible. Before you graduate, your nurse will ensure that you have the tools you need to keep living as healthy a life as possible.

For more information visit:

[www.OntarioTelehomecare.ca](http://www.OntarioTelehomecare.ca)

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