



Chronic Obstructive Pulmonary Disease (COPD)

Chronic Obstructive Pulmonary Disease, or COPD, is a lung disease that makes it difficult to breathe and worsens over time. COPD affects approximately 12 million people and, according to the Centers for Disease Control and Prevention (CDC), it is the fourth leading cause of death in the United States.

Who Gets COPD?

COPD is most prevalent in older adults, particularly males, and is often caused by tobacco smoke. In developing countries, poor air quality in the air in the home or workplace is thought to play a larger role than it does in the US. Exposure to air pollutants, genetic factors, and respiratory infections may also play a role in developing COPD.

Certain groups are at a higher risk for COPD, including:

- Current or Former Smokers
- Older Adults (65+)
- Retired, Unemployed, or Inactive Adults
- Working in industries with poor indoor air quality
- Current or previous respiratory infections
- Those with a history of asthma

Forms of COPD

COPD can take two main forms, Chronic Bronchitis or Emphysema. In some cases, those suffering from COPD may experience both.

Chronic Bronchitis occurs when airflow is obstructed by inflammation of the air passages on a regular basis.

Emphysema destroys the actual lung tissue, specifically the alveoli, which results in overall deterioration.

Managing COPD

There is no cure for COPD, and doctors are unable to reverse the damage it causes. However, with treatment and lifestyle changes, you can slow its progression so that you can feel better and maintain your lifestyle.

Treatments include:

- Quitting smoking
- Prescription inhalers or nebulizers, which make it easier to inhale deeply and open airways
- Oxygen Therapy for shortness of breath
- Pulmonary Rehabilitation therapy programs
- Surgery may be recommended in severe cases





**SENIOR SOLUTIONS
HOME CARE**
CARE MANAGEMENT + PERSONAL CARE

How Our Home Care Team Can Help

We provide seniors a range of personal care services to promote health and independence, and to make it possible for the elderly to age where they want to age – at home.

Our services are available 24 hours a day, 7 days a week – including weekends and holidays. With our personalized care plans, our clients choose the amount of time and type of care they prefer.

Home Care Services

Our services may include but are not limited to:

- Ensure medication is taken as prescribed
- Watch weight gain, being or getting overweight is a major problem with COPD patients
- Help avoid pollutants, fumes, perfumes, dust
- Help patient avoid crowds where they may be exposed to colds or flu
- Watch for signs of sleep problems which is often found with COPD patients
- Assist with breathing exercises
- Make sure oxygen therapy is followed if prescribed

Care Management

Our services may include but are not limited to:

- Initial assessment and routine evaluation to develop Plan of Care
- Coordination, communication and collaboration with care team and family
- Provide education about treatment options and serve as a resource to client and family

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