

If you choose to participate in the Caring for My COPD program:

- A referral can be made for you by one of your healthcare providers.

You will receive a call from the Caring for My COPD Program Coordinator to book your first appointment.

- At your first appointment:

You and the Caring for My COPD Program Coordinator will work together to create a program.

You will meet your Caring for My COPD care team.

Your family member(s) or support person is most welcome to accompany you.



A community based program for people recently hospitalized due to Chronic Obstructive Pulmonary Disease (COPD)

For more information please contact:

COPD Coordinator at
905 523-6611 ext. 3060
438 Hughson St. N
Hamilton, ON L8L 4N5



Funding support provided by:



 Call us at 905 523-1184




Caring for my COPD

Caring for My COPD is a 10-week program at the North Hamilton Community Health Centre for people who have been recently hospitalized because of their Chronic Obstructive Pulmonary Disease (COPD).

If you experience acute flare-ups of Chronic Obstructive Pulmonary Disease, consider our community based program that will help you gain better control of your COPD.

The Caring for My COPD program offers you:

-  Group and individual COPD education
-  Smoking Cessation counselling and support
-  Peer Support program
-  Care giver support
-  Educational sessions for family and caregivers to help support you
-  Review and assessment of your COPD action plan which will support your efforts to better manage your breathing difficulties
-  Personalized exercise programs supervised by healthcare professionals and group exercises such as aquafit, tai chi, and yoga
-  Personal counselling and spiritual support

Provides the following benefits:

- There is **NO COST** for this program
 - Better quality of life by learning how best to manage your COPD
 - Opportunity to attend the program as frequently as you like
 - Broad support network of people who understand your breathing issues
 - Access to telephone support throughout the week from your COPD Coordinator and care team
 - Updates to your primary care provider
- Managing your COPD so you can enjoy the things you love to do!**