



COPD

Chronic Obstructive Pulmonary Disease

The doctors say that Uncle Bill can go home from the hospital, but they're concerned about a possible quick return to the medical facility because he has COPD and lives alone. Something's got to change in the 81-year-old widower's routine, both of his nephews agreed.

Uncle Bill has Chronic Obstructive Pulmonary Disease (COPD) despite giving up cigarettes about 20 years ago. COPD is one of the most common of lung diseases, impacting the ability to breathe. According to the Canadian Lung Association, the two main forms are chronic bronchitis, which involves a long-term cough with mucus, and emphysema, which causes destruction of the lungs over time.

Bill's nephews looked at each other while talking with a doctor and hospital caseworker and asked, "What are we going to do? We live about 300 miles away. Showing up on weekends won't be good enough to keep him out of the hospital."

A doctor emphasized that it was possible for their uncle to live at home if he would walk a little every day to build up his strength, avoid very cold air, stay inside during the sometimes smoggy daily rush hours, stop using his fireplace, consistently take his medication and eat a healthy diet to keep up his weight.

The nephews looked into a CAREGiverSM from the Home Instead Senior Care[®] office to help their senior loved one transition safely home through the network's Returning HomeSM Program.

For more information contact your local Home Instead Senior Care[®] office at

888.484.5759

or visit ReturningHome.com

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Returning HomeSM



How a Home Instead CAREGiver can help

Nutrition management: Since diet can play a big role in recovery, a CAREGiver can help with grocery shopping and meal preparation. Preparing healthy meals offers opportunities to interact as well as a chance to observe and record the client's food intake.

Medication reminders: A CAREGiver can pick up prescriptions and refills, and oversee medication reminders to help reduce the risk of a medication mishap. A CAREGiver also could make a note of any reactions or side effects so they could be addressed during a doctor's appointment or, if needed, alert the doctor immediately.

Exercise and activity: Senior loved ones often are urged to maintain a daily regime of simple at-home activity or walking. A CAREGiver can remind and encourage a client to stay on schedule with exercise. Increasing stamina is especially important for those who suffer from COPD.

Support: COPD may make an older adult weak. Light housekeeping and assistance with bathing, dressing and toileting are other services that may be available. A CAREGiver also can help a COPD sufferer avoid problematic air-quality situations. These include going outside during smoggy or very cold days, maintaining the house's furnace settings to discourage the senior's use of a fireplace or wood-burning stove, and gently reminding visitors not to smoke.

Help alleviate/report excessive emotional stress or depression: It's not uncommon for a senior loved one to become anxious or depressed after returning from the hospital. A CAREGiver's companionship may help, and a CAREGiver can alert family members or the client's doctor if signs of depression occur.

Keeping records: Many senior loved ones will be required to keep a medical diary that can be shown to a health care provider. A CAREGiver can be instrumental in helping a senior track important measurables and consistency of exercising.

Doctor's appointments: Follow-up visits to doctors are often required to keep track of COPD symptoms and the client's progress. A CAREGiver can track scheduled appointments, prepare a client for the trip and provide transportation to wherever the senior loved one needs to go.

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