



## YOU AND YOUR PLAN

Your name \_\_\_\_\_

Prepared by \_\_\_\_\_

Profession \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

If above person is not a prescriber:

Prepared by \_\_\_\_\_

Signature \_\_\_\_\_

Review your plan with your care team every year, or after changes in symptoms or medications.

## YOUR SUPPORT NETWORK

GP \_\_\_\_\_

After hours GP \_\_\_\_\_

Respiratory specialist \_\_\_\_\_

Emergency contact \_\_\_\_\_

O2 supplier \_\_\_\_\_

**Asthma WA** respiratory health educators are available for consultation:

8:30 – 4:30 AWST M – F **08 9289 3600**

## WHAT “WELL” LOOKS LIKE FOR YOU



Knowing what a typical good day looks like for you is important. It means you can act early if something gets worse.

Get to know your usual...

- level of breathlessness
- amount of coughing
- amount of phelgm
- colour of phelgm
- sleep pattern
- level of activity
- level of tiredness

## THINGS YOU CAN DO TO KEEP WELL



Don't smoke tobacco or vape



Get the right COPD tests



Join a pulmonary rehabilitation program



Visit your healthcare team regularly



Know your medications



Visit your GP 1 week after being in hospital



Learn how to use your inhaler and spacer



Eat healthy food and exercise



Keep your vaccinations up to date



Be aware of things that can irritate your lungs



Learn about COPD



Look after your mental health