



## Managing COPD at Home

### Chronic Obstructive Pulmonary



Volunteer Home Care & Affiliates believe people with COPD can live active and full lives. Many people can achieve this when their condition is managed with medications and healthy lifestyle changes. We have developed a program designed to help patients coping with Chronic Obstructive Pulmonary Disease reach their optimal level of health at home.

Our team of licensed healthcare professionals encourages patients and caregivers to actively participate in the management and prevention of an exacerbation of COPD. Our goal is to help people with COPD take charge of their breathing and maintain control of their lives and to reduce hospitalizations.

The program will incorporate the following (but not limited to):

- **Medication Management**
- **Patient & Caregiver Education of Disease Process**
- **Diet Instruction**
- **Breathing Techniques**
- **Exercise Plan**
- **O2 Therapy –Management / Education / Pulse Oximeter**

### **OFFICE LOCATIONS:**

#### **VOLUNTEER HOME CARE, INC**

Camden 731-279-4339  
Dyersburg 731-288-6011  
Huntingdon 731-986-3432  
Humboldt 731-784-7200  
Jackson 731-660-6122  
Paris 731-642-4285

#### **VOLUNTEER HOME CARE OF WEST TENNESSEE**

Parson 731-847-8250  
Selmer 731-645-3970  
Waynesboro 931-722-6832  
Lexington 731-968-2470  
Hohenwald 931-796-1700

#### **QUALITY FIRST HOME CARE**

Columbia 931-540-0062  
Lawrenceburg 931-762-6900  
Fayetteville 931-438-9595

