

COPD **(Chronic Obstructive Pulmonary Disease)**

Chronic obstructive pulmonary disease (COPD) is a lung disease in which the lungs are damaged, making it hard to breathe. When someone has COPD, the airways that carry air in and out of the lungs are partially blocked from inflammation and thickening, and, the balloon-like air sacs at the end of each airway lose their shape and elasticity. All this makes it difficult to get air in and out of the lungs.

Living at Home with COPD

People with COPD report that just doing the basics - taking a shower, getting dressed and getting out to do what you have to do - takes longer and often causes shortness of breath.

Many people with COPD are on oxygen therapy. Whether or not you are, to the extent possible, you should be an active participant in your own care. Doing this can be easier with the use of a wide range of assistive devices. Do as much as you can for yourself. There may be times, however, when you need to rely on the assistance of a caregiver.

Talk to your physician and respiratory, physical and/or occupational therapist about the assistive devices that would benefit you and your caregiver the most. Then visit Home Care Medical and try out those products. Our experienced personal care consultants will explain how they work and teach you how to use them.

For more information, please continue reading.



Getting on with Life.

Home Care Medical makes it possible.

Products to help people with COPD and those who care for them.

Dressing

Getting dressed may be easier with the use of these aids for daily living:

- sock/stocking aid
- shoe horn
- elastic shoe laces
- dressing stick
- button aid/zipper pull

Personal Hygiene and Bathroom Safety

Bathing and maintaining personal hygiene can be made easier for you and those who assist with your care with these products:

- bath mat
- bath sponge
- grab bar
- hand-held shower
- commode
- bath transfer bench or chair
- raised toilet seat

Walking

To increase independence and prevent falls, use of an ambulatory aid may be recommended. Ambulatory aids include:

- standard walker
- 3- or 4-wheeled walker
- standard cane

Seating & Mobility

When more assistance is needed than that provided by an ambulatory aid, these mobility devices may be recommended:

- transport chair
- manual or power wheelchair
- 3- or 4-wheeled scooter
- portable ramp

Home Care Furniture

Managing the symptoms of COPD may require changing or adding to the furniture you have in your bedroom or other rooms of your house. These products include:

- hospital bed
- bed wedge
- overbed table
- bedside commode
- hoyer lift
- trapeze bar
- tension safety pole
- lift chair

Exercise Equipment

Walking and exercising regularly can help keep your body strong. Speak with your physician before you start an exercise program.

Exercise equipment includes:

- pedal exerciser
- stepper exerciser
- exercise balls

Suggestions For Managing Your COPD and Conserving Your Energy

- stop smoking and stay away from people who smoke and places where there is smoking
- keep the air in your home clean
- stay away from home when it is being painted or sprayed for insects
- avoid going outside and keep windows closed when there is a lot of pollution and dust outside
- take medications as prescribed
- eat healthy foods
- put things you use most often in easy-to-reach places
- use a small cart on wheels to move things around
- wear clothes and shoes that are easy to put on and take off
- do things slowly and sitting down when you can
- take regular rest breaks
- ask for help moving things around in your house so that you will not need to climb stairs as often



Visit Home Care Medical's
Retail Store and
try out these products.
Our experienced personal
care consultants will
explain how they work
and teach you
how to use them.

4818 S. 76th Street
Milwaukee, WI 53220

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414-423-8800 ext. 7

414-423-8897 fax

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by phone at
262-786-9870 ext. 202
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