



Managing COPD at Home

Chronic Obstructive Pulmonary



Volunteer Home Care & Quality First Home Care 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
Union City 731-886-0305

VOLUNTEER HOME CARE OF WEST TENNESSEE

Parsons 731-847-8250
Selmer 731-645-3970
Waynesboro 931-722-6832
Lexington 731-968-2470
Bolivar 731-212-3284

QUALITY FIRST HOME CARE

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