



DISABILITIES RESOURCE CENTRE

Pulmonary Rehabilitation

Eligibility

You must have been diagnosed with COPD (Chronic Obstructive Pulmonary Disease) or a related chronic respiratory illness, and have an endorsement from your GP. You must also make a commitment to attend an eight-week programme with two sessions per week.

What's It All About?

Pulmonary Rehabilitation is a free eight-week programme designed to lessen the impact that pulmonary disorders, such as Emphysema and COPD, have on the quality of life. This is a community-based programme which encourages participants to continue to use the skills and exercises learnt during the programme, in their own homes.

Benefits include reduced breathlessness, increased exercise tolerance and improved physical function, improved mood and motivation and improved knowledge of condition and management.

The eight-week programme covers:

- exercise
- breathing control
- lung function
- medication management
- COPD management
- nutrition
- stress management
- support available in the community

Trained staff will give you an individual assessment before you begin the programme, as well as when the programme concludes, in order to gauge your results. The COPD Liaison Officer Service can also provide on-going post-programme support.

Where To From Here?

Ask your GP about being referred to this programme, or for more information, call our COPD Liaison Officer on 0800 227 363, or email copd@drct.co.nz.

one call - countless resources - endless opportunities