



## BEFORE A COPD FLARE-UP OR EMERGENCY

If you are caring for someone with COPD, flare-ups and emergencies are a possibility. Being prepared for these events will help reduce the stress and impact on you and your family. Use this form to help you prepare.

Date \_\_\_\_\_

### Preparing for a COPD event

- Review with your doctor the signs and symptoms of a COPD flare-up and discuss which symptoms should trigger a call to the doctor.
- Review signs and symptoms of a COPD emergency. Discuss with your doctor when to call 911.
- Make sure all of your emergency contact numbers are current.
- Identify a back-up caregiver for additional support or for when you might be out of town.
- Identify supportive services the person you care for may need following a COPD flare-up:
  - Subacute care facilities
  - Extended care facilities
  - Home health facilities
  - Pulmonary rehabilitation facilities
- Complete a "Physician Orders for Life-Sustaining Treatment" (POLST) form and keep copies with the medication list.
- Create a contact list as a key part of preparing for COPD flare-ups and hospital trips.

### Ensure both you and your back-up caregiver have:

- The emergency plan for the person you care for
- List of current medications for the person you care for
- Insurance details of the person you care for
- Where the current Power of Attorney (POA) for the person you care for is kept

## THE COPD CAREGIVER'S TOOLKIT