



Nomination

Expanding your reach

Delhi FHT

Delhi Community COPD Program



Chronic Obstructive Pulmonary Disease (COPD) is soon to be the 3rd leading cause of death in Canada and COPD Lung attacks (Flare-ups) are the #1 cause of hospital admissions. The Delhi Community COPD Program was created because we recognized the need to provide a local option for management. This program is the only one of its kind in the HNHB Sub-Region which works with multiple levels of health care providers/companies and is completely free to attend. Its goal is to improve the overall health and management of those who suffer with this condition through exercise, education and peer support.

Last summer, before the program began, we hosted three Open Houses. The purpose of this was to allow patients and caregivers to ask questions and give their input on what they wanted to see from the program. Currently, Grand River Community Health Centre's Caring for My COPD program facilitates a once a week education session. Clients are then encouraged to take part in exercise classes facilitated by Stonebridge Community Services. Attendees are encouraged to ask questions and give inputs during both, so that they are able to get exactly what they need from the program.