

Caring for Someone with COPD?

You Are Not Alone.

Many people care for someone with a chronic disease, like chronic obstructive pulmonary disease (COPD).

Nearly **1 in 5** U.S. adults are caregivers.

About **6 in 10** U.S. caregivers provide care for adults with a long-term health condition.

23% say caregiving has hurt their health and about **40%** say it's highly stressful.

If you care for someone with COPD, you may juggle many roles:



Medical coordinator



Home health aide



Personal assistant



Family member



Support system



Guardian

Be on the lookout for signs of stress or depression:

Always feeling tired

Getting sick often



Losing interest in activities you used to enjoy

Feeling irritated, impatient, or forgetful

Find healthy ways to manage stress:

Get 7-9 hours of sleep

Take care of yourself

Exercise at least 3 times a week

Schedule "me time"

Meditate 2 minutes a day

You don't have to do it alone.

In addition to the core medical team, be sure to build a care management team:

Find a backup caregiver.

Look for local senior support programs.

If you can, get help with household duties such as meals, cleaning, laundry, and yard work.

The COPD Caregiver's Toolkit simplifies the hardest parts of being a caregiver. Learn more: nhlbi.nih.gov/COPD-caregivers