

BETTER BREATHING NOW PULMONARY REHABILITATION PROGRAM

Program Overview

Better Breathing Now is an individualized, specialty, in-home pulmonary rehabilitation program for people with chronic lung problems who are eligible to receive home health care services. The program goals are to improve quality of life, medication safety, the ability to perform activities of daily living/physical activity, reduce the risk of falling, and most importantly, reduce the risk of being hospitalized/re-hospitalized.

Program Components

- Interdisciplinary team approach to care
- Discipline specific comprehensive assessment
- Assess and address shortness of breath, anxiety, and other factors impacting quality of life
- Assessment of posture, breathing, medication safety, fall prevention, strength, endurance, cough technique and functional status
- Skilled Nursing - assess for proper administration of medications, intended effects and side effects of medications
- Behavioral Health - assess for anxiety, depression or other mental conditions that may impact the care plan
- Therapy services - assess for activities of daily living ability and limitations, provide interventions to improve functional status
- Social Work - provide long term planning and short term counseling for psychosocial factors that may impact the effectiveness of the program



a program of
Catholic Home Care
Catholic Health Services
At the heart of health

BETTER BREATHING NOW PULMONARY REHABILITATION PROGRAM

Outcomes

Any person who is eligible for home health care services may benefit from the Better Breathing Now program. A person who has a chronic lung problem, is able to follow directions, is not confused, and is able to walk or has recently stopped walking, may qualify for the program.

- Improved quality of life
- Improved breathing
- Improved exercise tolerance
- Reduced anxiety
- Reduced risk for hospitalization/re-hospitalization
- Improved functional mobility



Catholic Home Care

Catholic Health Services

At the heart of health

110 Bi-County Blvd., Suite 114
Farmingdale, New York 11735

(631) 465-6830 • (516) 586-1421 • (718) 484-1415

www.catholichomecare.org