Taking Charge of your own life with COPD



The Workbook

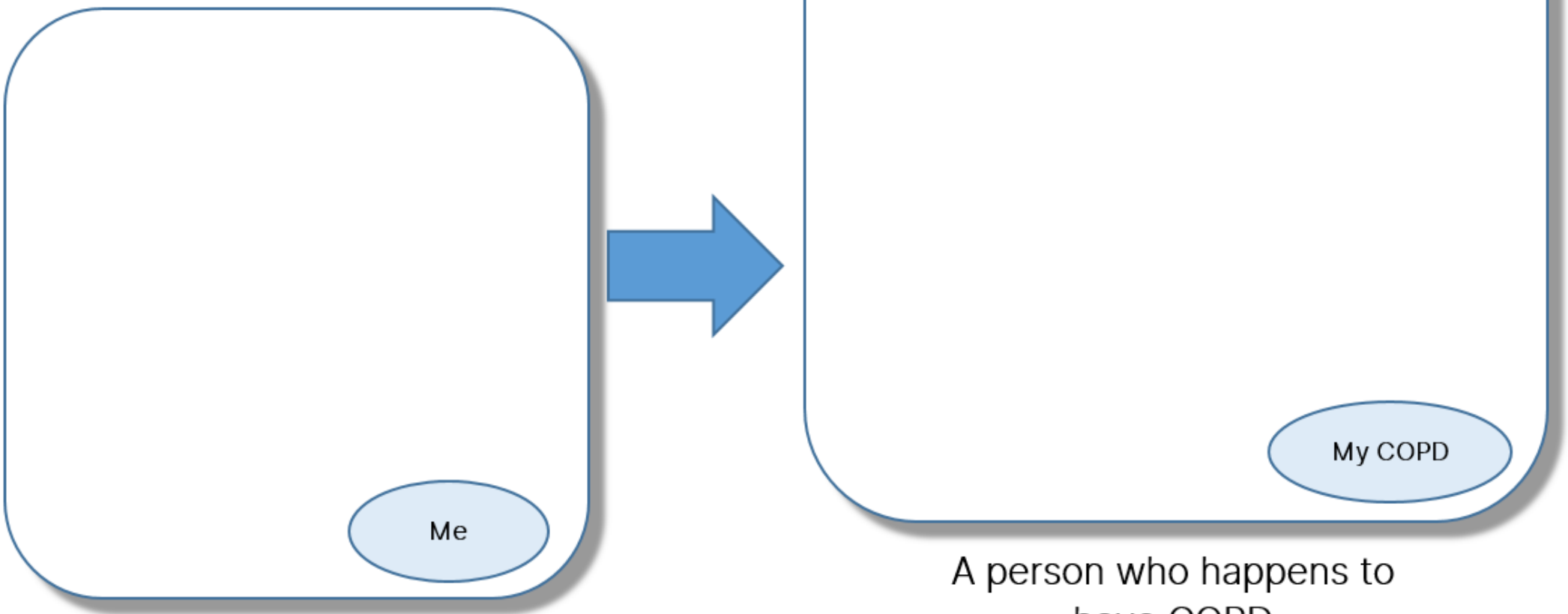
MEDICAL RESEARCH INSTITUTE OF NEW ZEALAND

Comments (good and bad), mistakes and so on, to harry.mcnaughton@mrinz.ac.nz or @TakeChargeH

There are some spare pages at the back so you can update as you wish

Who I really am

Effects of COPD on your life



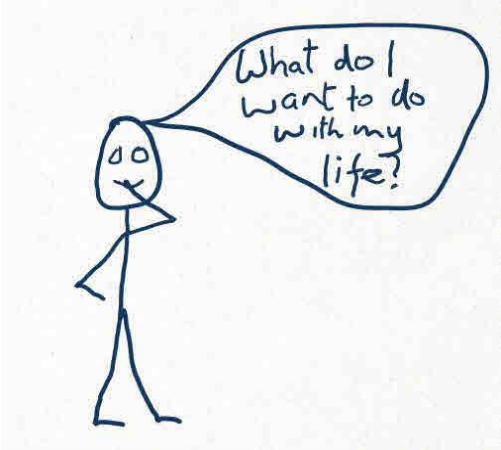
An unwell person

e.g. weak, can't do much, hard to walk far, tired, lonely, sad, coughing, can't work, needs help, burden

A person who happens to have COPD

e.g. parent, friend, husband, wife, helper, walker, gardener, worker, matua, whaea, grandmother, grandfather, koro, kuia, joker, teacher, reader, strong, happy, warm, kind, and lots more

2. Taking Charge: looking beyond this illness



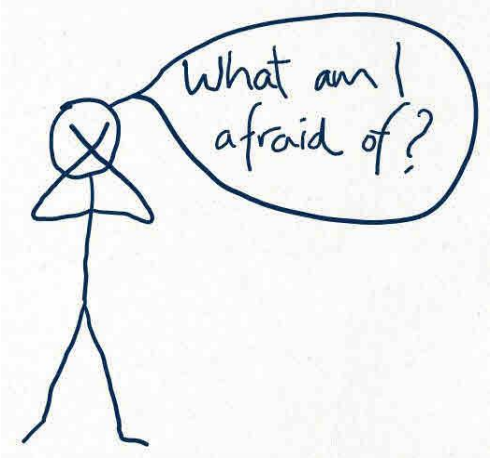
Overall hopes, aims, aspirations for next 12 months

1.

2.

3.

4.



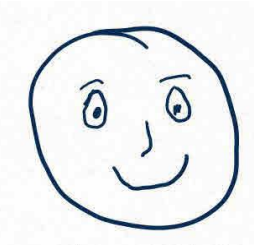
Main fears

1.

2.

3.

3. What would my ‘Best Day’ look like?





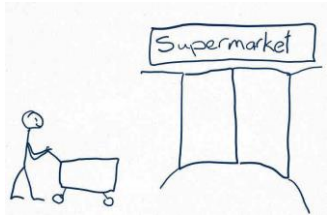
Draw a picture of your best day here. Friends and family may also want to draw something.

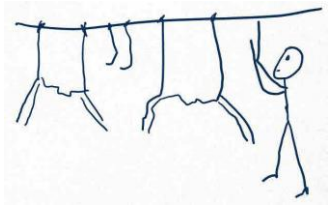
Becoming the person who I really am - what do I dream of doing?

Sketch drawings in this column if you want

Date	What I want to do	How I could achieve it – write down any ideas you have
For example	*Grow and pickle cucumbers like my mother did*	• *Read up about it (RHS website?)* • *Talk to the man down the allotment about growing them* • *Buy seed!* • *Ask woman in deli for pickling recipe*

Physical things like getting around, washing and dressing, doing the housework





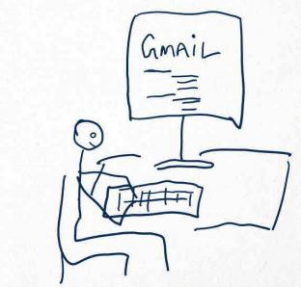


Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Walk to the shop on my own*	• *Walking practice with James every day if possible!* • *Try walking to next door on my own with James watching* • *Ask the physio about swapping the walking frame for a stick*

Communication including speech, understanding, reading, writing, using a computer

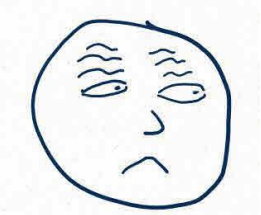


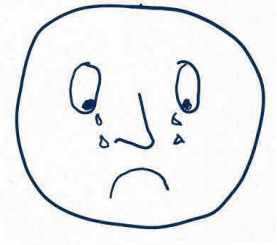


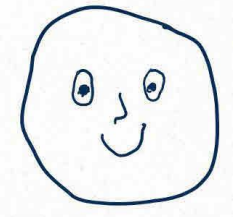


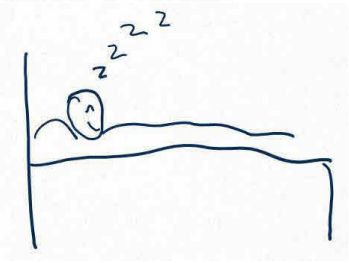
Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Talk on the telephone*	• *Do some practice runs with James* • *Arrange for Elsie to call me* • *Use a tape recorder or something so I know what I sound like? (scary!)*

Emotional issues like feeling anxious, worried, stressed, depressed, helpless



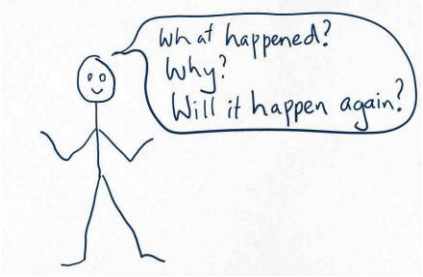


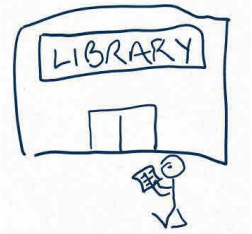
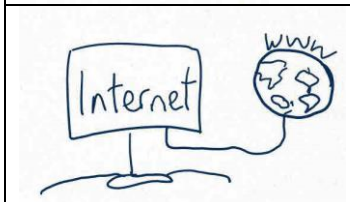




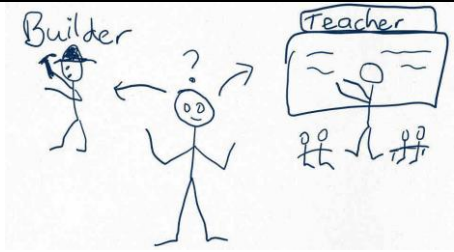
Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Feel more in control/charge*	• *Put my 'main hopes' sheet on the fridge door where I can see it* • *Talk with James about me taking responsibility for some jobs – paying the bills maybe?* • *Join a support group?*

Information needs

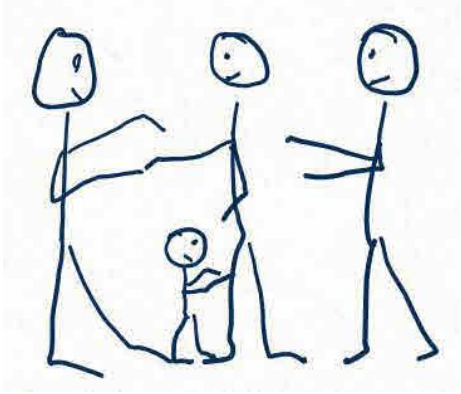
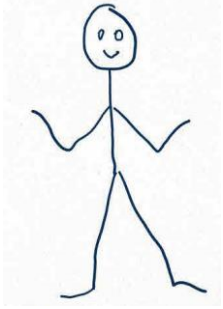


	Date	What I am trying to do	How I could achieve it – write down any ideas you have
	*For example*	*Understand more about my illness, or problem*	• *Talk to the GP* • *Try the internet?* • *Support group?* • *Ask family to write down (or voice record?) what they remember about what happened in the hospital?*
			
			

Financial issues like paying the bills, returning to work, using a budget, knowing about available supports

	Date	What I am trying to do	How I could achieve it – write down any ideas you have
	For example	*Reduce travel costs*	• *Apply for taxi discount vouchers* • *Apply for mobility sticker for windscreen* • *Which buses have the low entry step? (internet search?)*
			
			

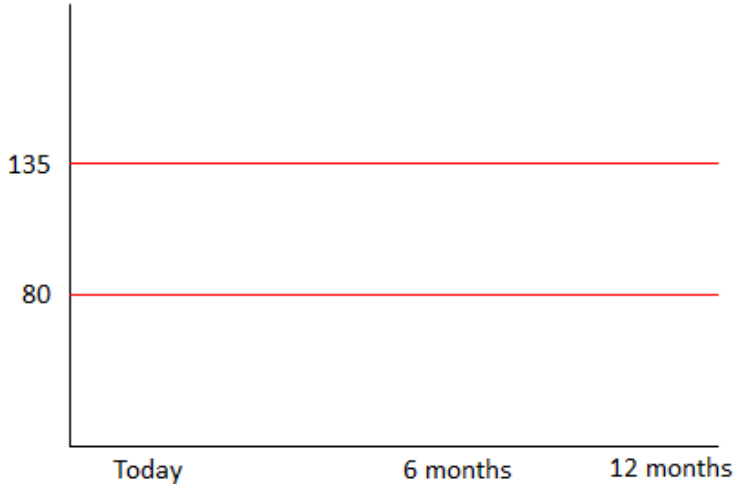
My support network – where I go for help, support, having a good time

	Date	What I am trying to do	How I could achieve it
	*For example*	*Show my helpers how much they mean to me*	• *Invite Julie and Don for lunch soon* • *Skype call with Andrew and Jo?* • *Petrol vouchers for George* • *Buy James a present on line*
			

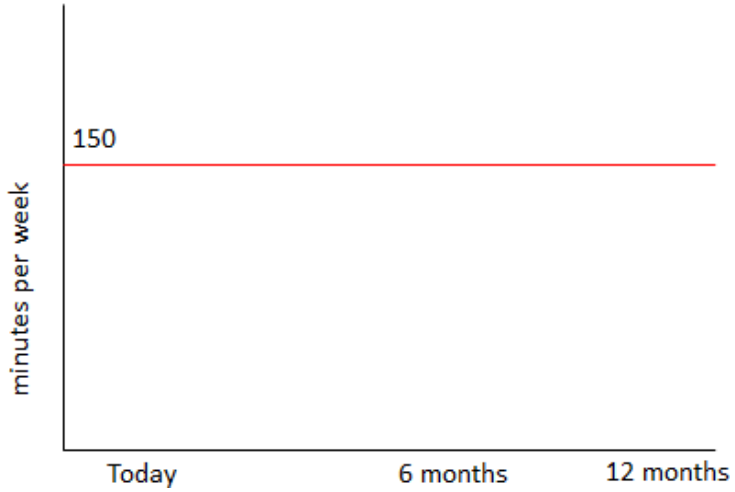
Looking after my own health

	Date	What I am trying to do	How I could achieve it – write down any ideas you have
Blood pressure	*For example*	*Reduce my risk of stroke (my problems are high blood pressure, diabetes and cigarettes!)*	• *Measure blood pressure at home and set target with GP (less than 135?)* • *Stop smoking!* • *Have another look at my diet and weight* • *Exercise every day!*
Smoking			
Diet			
Exercise			
Diabetes			

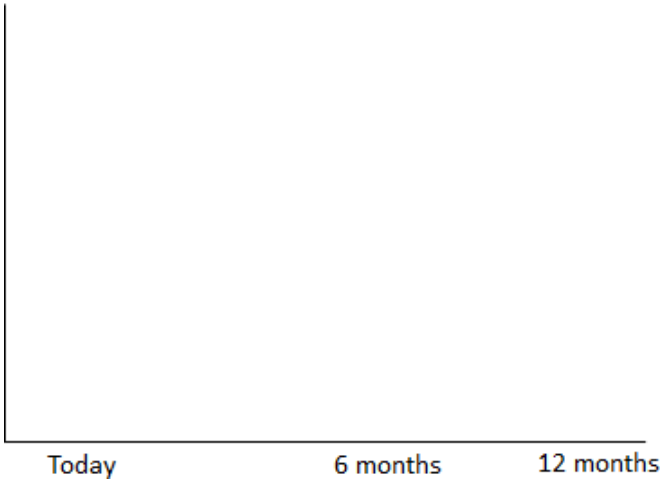
BP Target

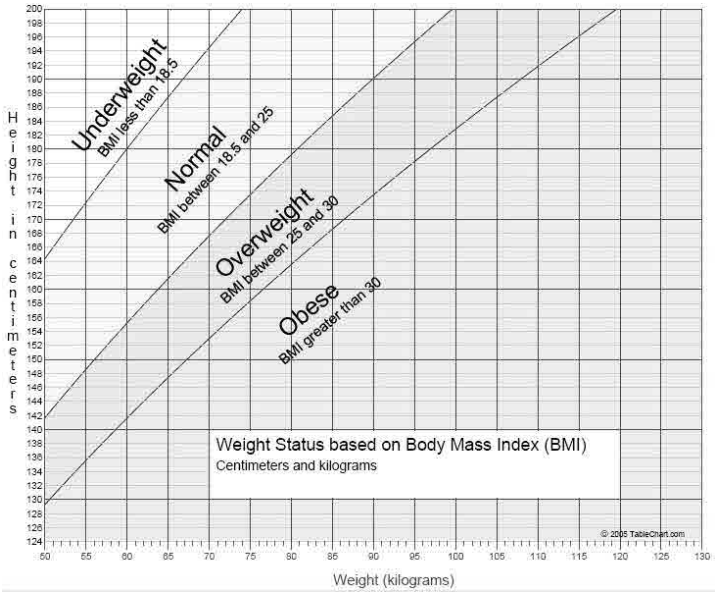


Exercise Target

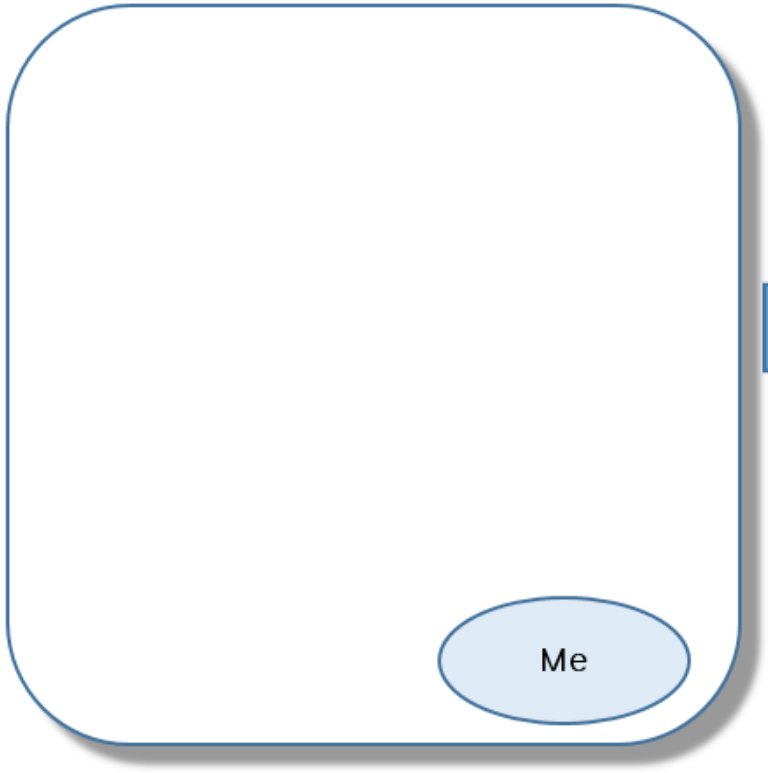


Your Target for _____





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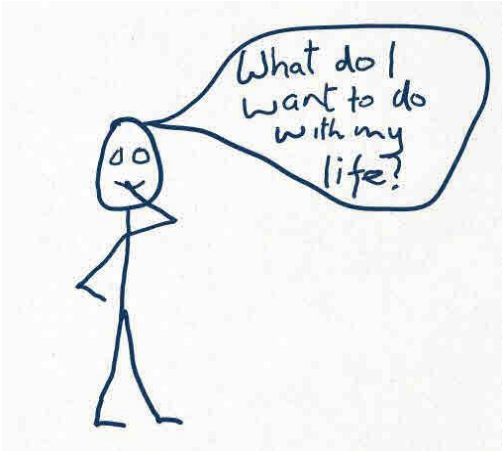
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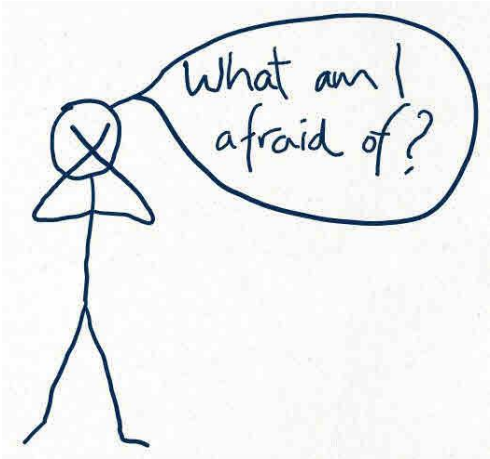
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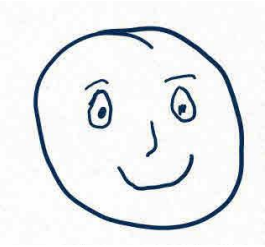
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