COPD Checklist

COPD can feel overwhelming and it can be difficult to keep track of everything. Here is a quick checklist to keep in mind.

☐ Create a list of questions for your healthcare provider.

☐ Build a COPD team.

☐ Create a COPD action plan with your COPD team.

☐ Join a pulmonary rehabilitation program.

☐ Meet with a registered dietician to create a proper meal plan.

☐ Create an exercise routine and plan.

☐ Ask your healthcare provider for an application for an accessible parking permit.

☐ Create an advance care plan.

☐ Create a list of your medications to carry in your wallet.

☐ Create a list to help you navigate the healthcare system, including contact information for all services you will need to use.