

COMMUNITY RESOURCE CONNECTIONS

COPD

American Lung Association Resources

- **Support program Better Breathers Club**
 - Website: <https://www.lung.org/help-support/better-breathers-club>
- **Online support community Living with COPD**
 - Website: <https://www.inspire.com/groups/american-lung-association-copd>
- **Lung HelpLine:** Staffed with licensed registered nurses, respiratory therapists and certified tobacco treatment specialists. In addition, there are bilingual Spanish speaking staff along with a live language interpretation service for over 250 languages.
 - Website: <https://www.lung.org/support-community/lung-helpline-and-tobacco-quitline>
- **COPD Action Plan & Management Tools**
 - Website: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/copd-management-tools>
- **COPD and Emotional Health**
 - Website: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/coping-with-emotions>
- **Living with COPD Patient & Caregiver Network**
 - Website: https://www.inspire.com/groups/american-lung-association-copd/?utm_=&utm_medium=Landing%20Page&utm_term=COPD&utm_content=iFrame&utm_campaign=ALA-iFrame-COPD&ga=freshen

General Resources

- **COPD Foundation:** Nonprofit focused on helping millions of people with and without COPD live longer and healthier lives by advancing research, advocacy, and awareness.
 - Sponsors online support group COPD360social
 - Website: <https://www.copdfoundation.org/>
- **Cecelia Health COPD Virtual Support Program:** This program is free for UCare members and provides support/education from a Cecelia Health expert clinician, multi-modal communication options, and tips for managing your health goals and care plan
 - Website: <https://signup-ucare.ceceliahealth.com/>
- **National Heart, Lung, and Blood Institute – Pulmonary Rehabilitation:** Teaches you how to manage your COPD symptoms and improve your quality of life. Tailored programs show you how to breathe better and conserve your energy. They also provide advice on diet and exercise.
 - Website: <https://www.nhlbi.nih.gov/health/health-topics/topics/pulreh>
- **Minnesota Lung Center Resources:** Provides comprehensive specialty care for people with respiratory health needs. Part of Allina Health Lung and Sleep services. (<https://account.allinahealth.org/locations/1388>)
 - Website: <https://minnlung.com/resources/>

- **Minnesota Department of Health COPD Guide**
 - Website: <https://data.web.health.state.mn.us/copd>
- **Centers of Disease Control and Prevention – Smoking Cessation**
 - Website: <https://www.cdc.gov/tobacco/campaign/tips/diseases/copd.html>
- **Citizens Utility Board:** Nonprofit that helps folks navigate utilities services and affordability, including Medical Device Protection (i.e. oxygen machines)
 - Website: <https://cubminnesota.org/>
- **Minnesota Warmline:** Support for mental health crisis or emergencies.
 - Call 651-288-0400 -OR- Text “support” to 85511
 - Website: <https://mentalhealthmn.org/what-we-do/peer-support/minnesota-warmline/>

Hospice and Palliative Care Resources

- **COPD Precautions for Periods of High Humidity**
 - Website: <https://www.crossroadshospice.com/hospice-palliative-care-blog/2018/august/01/copd-precautions-for-periods-of-high-humidity/>
- **COPD Patient Finds Relief in Palliative Care Services**
 - Website: <https://www.crossroadshospice.com/hospice-palliative-care-blog/2016/november/02/copd-patient-finds-relief-in-palliative-care-services/>

Greater Minnesota Support

- **PrimeWest Health COPD Focused Wellness Program:** Headquartered in Alexandria can help you learn how to manage your COPD and understand why managing it is important. Designed using an innovative model called COACH to help people take charge of their health. As part of our program, a nurse is available to answer your questions.
 - Website: <https://www.primewest.org/copd>

Caregiver Support

- **Family Caregiver Alliance:** Nonprofit that supports caregivers who provide long-term care for friends and family members with chronic diseases through education and the Family Care Navigator (<https://www.caregiver.org/family-care-navigator>), a state-by-state index of long-term care services
 - Website: <https://www.caregiver.org/>

Nutrition

- **American Lung Association**
 - Website: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/nutrition>
- **Cleveland Clinic**
 - Website: <https://my.clevelandclinic.org/health/articles/9451-nutritional-guidelines-for-people-with-copd>