



## Supporting someone with breathlessness

'Supporting Someone with Breathlessness' has been designed as a source of help and advice specifically for informal carers (family/friends) of people with breathlessness.

### **How healthcare professionals can use this resource**

Before you start we recommend you spend some time getting to know the website. This will ensure you are able to recommend the most appropriate content for carers' learning needs and that you feel confident and comfortable using the resource with carers.

#### **You can use this resource in several ways**

Carers have told us they like to learn in a range of ways, not always by using websites. So, this resource has been designed to be used in several different ways by healthcare professionals.

These include:

- **as a conversation prompt** – looking at these topics with carers and/or patients to help start a discussion around the topic(s)
- **within a support group** - you could explore the website with a support group to help start group discussions around particular topics
- **downloading and printing topics** for carers
- **signposting carers to the website** – carers could then explore it in their own time
- **as a learning resource for you** – use the website to gain knowledge of carers' educational needs when supporting someone with breathlessness

#### **We don't prescribe how you use it**

We simply suggest you use it in the best way to respond to carers' learning needs.

#### **Let us know what you think**

Whichever way you use this resource we would be interested to hear how you get on – please let us know via our feedback page (<https://breathlessness.va.associates/feedback-and-evaluation/>)

