



Supporting someone
with breathlessness

Support topics for carers supporting someone with breathlessness due to COPD

Understanding breathlessness in COPD

Stress, panic and breathlessness

Ways to ease breathlessness

Keeping active

Living a fulfilling life

Managing infections

Looking after your own health

As the patient with COPD becomes more unwell

Accessing care and support – COPD

Talking to the healthcare team

When someone dies

This booklet was downloaded from the “*Supporting Someone with Breathlessness*” website: a source of help and advice made for family and friends of people with breathlessness (sometimes called “carers”). It was made with a range of experts including health professionals, health researchers and carers of people with breathlessness. This booklet contains some of the key information from the website – there is more information on the website, including short film clips from clinical experts in breathlessness, experienced carers and patients that may be helpful. <https://supporting-breathlessness.org.uk/>

