



HOW SOCIAL WORKERS CAN HELP PEOPLE WITH COPD

Social workers provide support to the individual and their family; to understand, empower and advocate for the COPD sufferer to adjust and cope better with their situation, and to bring about positive change in all aspects of their lives.

Services we can provide:

- Emotional support and counselling to address stress, anxiety, lifestyle changes, optimise coping skills or any issues that might impact on your health management.
- Optimise functioning and how the person and their carer copes at home – e.g. referrals to community services or carer support groups, day centres, home care packages, Fair Deal/long term care, advanced care planning and palliative care supports.
- Advice, information, advocacy and assistance in relation to social welfare issues or financial supports.
- Assessments, interventions and/or refer to the appropriate agencies on issues including child protection, relationship difficulties, addiction, homelessness, housing issues, domestic violence.
- Support marginalised groups to access healthcare.

If you feel you would benefit from social work support, please ask your GP or health team to send a referral.

TIP:

Living with COPD can affect your life in many different and unexpected ways; talk to your family, friends and health care professionals – its ok not to know what to do, if you are struggling or need help – just ask.

RESOURCE:

HSE Pulmonary
Rehabilitation Videos

www.hse.ie