

Praise for Better Breathers Clubs

"Better Breathers to me means...Better understanding leading to better living and, consequently, a better lifestyle. One can't do better than Better Breathers Club!"

– Robin, patient

"As a Better Breathers Club facilitator, I have learned more about living with lung disease from these attendees through our monthly sessions than any professional training could ever offer."

– Cheryl, facilitator

"I need the fellowship, education and support this group offers."

"As a caregiver, I listen and then know what to do if something happens at home."

"Going to the group keeps us doing and moving, great for [my] mental attitude."

"I am glad to share things I've learned to help others in the same situation."

– Better Breathers Club Members



About the American Lung Association

Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association is "Fighting for Air" through research, education and advocacy. For more information about the American Lung Association or to support the work it does, call **1-800-LUNG-USA (1-800-586-4872)** or visit **www.lungusa.org**.

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 **AMERICAN LUNG ASSOCIATION**
Fighting for Air



Bring a Better Breathers Club to Your Community.



The choice of people with chronic lung disease for over 40 years

- Promotes self-management of COPD and other chronic lung diseases
- Offers a sense of belonging and hopefulness
- Improves quality of life



Why start a Better Breathers Club?

In the U.S. alone, over 26 million adults have a chronic lung disease such as COPD, asthma, pulmonary fibrosis or lung cancer. Because these chronic conditions do not have a cure, people need to learn how to manage living with their lung disease. Better Breathers Clubs help by providing patient-focused, community-based educational opportunities and support.

These support groups offer a welcoming venue for people with COPD or another chronic lung disease who often feel alone and isolated. Together, members learn the skills that help them manage their condition and improve their quality of life, encouraging them to get out of the house and become more active.

How does it work?

Better Breathers Clubs meet regularly for one to two hours to provide support, education and socialization to people with COPD or another chronic lung disease, their family members and their caregivers. A facilitator coordinates and oversees the meetings, brings in featured speakers, and collects information and feedback from the participants. Members themselves can provide ideas for meeting topics, organize communication networks, and even help plan special events. And an American Lung Association staff person provides ongoing support to the group.

How do we start one?

A Better Breathers Club can be started by a health professional, a community organization or by patients themselves. All you need to do is contact your local American Lung Association and ask for help to get started. Once you have identified a facilitator, you can decide where and how often your club will meet; how many participants can be accommodated; and any special focus your club may have.

Training Resources

Your American Lung Association staff liaison will provide a Facilitators Guide and a general orientation, along with access to publications and promotion on the American Lung Association website.



Tell your local American Lung Association office you want to start a Better Breathers Club in your area.

Call **1-800-LUNGUSA (586-4872)** and press 1 or go to **www.lungusa.org** to find the phone number of an American Lung Association office near you.



Finding a Community Partner

Community partners are important to help sustain and support the Better Breathers Clubs. And the Better Breathers Clubs support important members and clients of the community partners. It's a win-win!

Examples of community partners include:

- A hospital or pulmonary clinic that wants to help their patients better manage their disease and needs a good program to do that
- A senior or community meeting center that would like more people to use their facility but is not sure how to address the needs of people with chronic conditions
- A church, temple or mosque that recognizes the need for their congregation to get out and be active and wants them to feel safe in doing so
- Local pharmaceutical or home medical supply companies willing to provide valuable resources for clubs to purchase materials and refreshments
- Local service organizations looking for a good cause to support

