

PULMONARY REHABILITATION

TAKE BACK CONTROL. REMAIN INDEPENDENT.

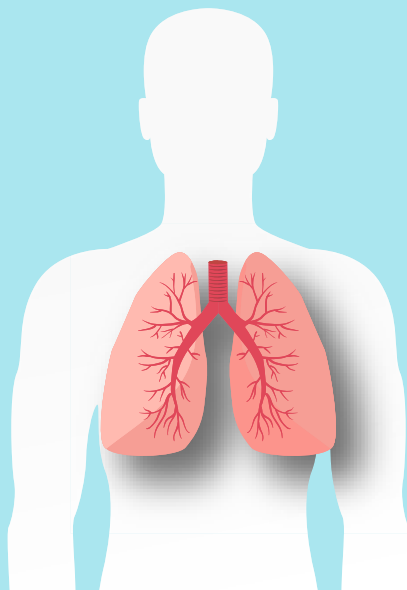
FOR MONTREAL
HEALTHCARE
USERS

For who?

- For individuals with lung diseases such as COPD or pulmonary fibrosis who are limited by daily shortness of breath or who have difficulty managing their symptoms.

Why?

- To maintain or improve quality of life. Rehabilitation can add life to your years.
- To remain independent: enjoy outings, play with your grandchildren, remain in your home for longer, stay in control of your life, etc.
- Because individuals who have done rehabilitation are hospitalized less often and for shorter periods of time. They know what to do when symptoms worsen.
- To improve morale, be more in control and better manage the illness. Rehabilitation is also an opportunity to meet others who have been through the same thing. No need to feel uncomfortable when you cough or embarrassed because you are walking slowly. Everyone is accepted as they are.



What?

Pulmonary rehabilitation is:

- A 6 to 10-week program, 2 or 3 times per week.
- A specialized multidisciplinary team under the direction of a pulmonologist.
- Training in an adapted gym, at home or as part of telerehabilitation.
- Educational sessions on different topics such as:
 - * Medication
 - * Lung attacks
 - * Daily management of the disease
 - * How to avoid hospitalization
 - * Nutrition
 - * Etc.

When?

- If you have symptoms of lung disease, now is the perfect time to start the program.



Talk to your family doctor or pulmonologist.

Once you receive a referral, you will be directed to the site closest to your home with the shortest wait time. You will then be contacted by a member of the team, who will begin the registration process with you.

FREQUENTLY ASKED QUESTIONS

How much does it cost ?

The program is free. All you need in order to get into shape is a pair of sneakers and sports clothing.

Is there an age limit for participating?

Professionals specialized in rehabilitation can adapt to individuals of all ages.

Am I fit enough?

The program is gradual and adapted to each person's fitness level.



What if I've never been to a gym before ?

The rehabilitation team is accustomed to supporting individuals who have never been to a gym before. The program also teaches you different ways to work out at home.

What about transportation?

You can get help registering for adapted transport or applying for a parking permit for individuals with disabilities.

Conditional upon evaluation and availability of resources.

Produced by the Comité ministériel de réadaptation pulmonaire de Montréal.