



# Supporting someone with breathlessness

*A source of help and advice for family and friends supporting someone with breathlessness due to COPD or cancer*

“Supporting Someone with Breathlessness” is a learning resource that has been developed with advice from a range of experts including healthcare professionals, health care researchers, people who have cared for someone with breathlessness, and patients themselves.

It is an internet-based resource in which you can see, hear and read about six key topics we know are important for carers to learn about:



Understanding breathlessness



Stress, panic and breathlessness



Keeping active



Living a fulfilling life



Managing infections



What to expect in the future

Visit the website at: [www.supporting-breathlessness.org.uk](http://www.supporting-breathlessness.org.uk)

**Don't use the internet?** Not a problem! All the information on this learning resource can be printed off and shared. Ask family and friends can help you with this if you're unsure how.

This resource has been specially created for carers but is also useful for:

- people with breathlessness
- support groups for people living with breathlessness
- healthcare professionals

*“You can only benefit from it... it's important for people who are looking after their partner or wife or an elderly family member to understand what to do ... it's invaluable for that” – 'Sarah', carer*

*“I would definitely use this and refer patients with breathlessness from all sorts of conditions to this too” – Healthcare professional*



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