

Respiratory Rehabilitation Programs in the Hamilton Area

COMPASS Community Health

Caring for my COPD Community Based Pulmonary Rehabilitation Program

[Website](#) Phone: 905-523-6611

Description: 10-week program for those diagnosed with COPD, including those recently hospitalized due to COPD.

- Weekly education sessions to help you understand and manage your COPD
- Personalized, supervised exercise sessions
- Access to COPD Coordinator and all other members of the COPD Healthcare Team (kinesiologist, social worker, occupational therapist, physiotherapist, dietitian, certified respiratory educator)

Location: Sessions are delivered virtually during the COVID-19 pandemic.

Cost: Free

Wait time: None. New cohort begins every month and runs for 10 weeks.

Referral: Physicians/NP referral, or clients can self-refer and COMPASS will contact their primary care provider to complete a referral. [Click here for the Referral Form.](#)

St. Joseph's Healthcare

Respiratory Rehabilitation Day Program

[Website](#) Phone: 905-522-1155

Description: 10-week exercise and education program. Two 45-minute exercise sessions per week, plus two 1.5-hour group education sessions per week.

Location: Sessions offered in-person or virtually. To access virtual classes, participants need internet access, and a device with a camera and microphone. In-person sessions are held at St. Joseph's Healthcare Hamilton Charlton Campus, on the 8th floor of the Juravinski Innovation Tower.

Parking: Located at the front of the hospital, or in the parking garage off James Street (see program brochure for detailed map).

Public Transit: Nearest HRS stop is at James and Charlton (bus routes 22 and 27).

Cost: Free

Wait time: Approximately 2 months. A new program cohort starts every 5 weeks.

Referral: Processed through the Firestone Institute for Respiratory Health (Firestone Clinic). Physicians can fax a note, indicating an assessment for respiratory rehab is being requested, to the Firestone Clinic at 905-523-5864. Patients must be assessed by a Respirologist in the Firestone Clinic who will then refer to the program if appropriate. [Click here for the Program Brochure.](#)

Joseph Brant Hospital, Wellness House

Breathe Easy Program

[Website](#) Phone: 905-632-3737 ext 5689

Description: 10-session self-management program in a small group setting (max 6 participants) facilitated by a COPD Coordinator and allied health team. Participants learn about COPD, how to develop an exercise program, how to recognize signs of exacerbation, review COPD medications, how to use devices, healthy eating, managing anxiety, etc.

Time: Tuesdays and Fridays from 1-3pm

Location: Joseph Brant Wellness House, 2160 Itabashi Way in Burlington. Virtual sessions may be offered in the near future.

Parking: Free parking available on site.

Public Transit: Nearest Burlington Transit bus stop is at the corner of Upper Middle and Country Club Dr (bus route 12). The bus stop is 350 metres away from Wellness House.

Cost: Free

Wait time: Very short. A new cohort begins when 6 participants sign up, which happens approximately once per month.

Referral: Physician/NP referral, or patients can self-refer. Participants must have a confirmed diagnosis of COPD. Spirometry is not offered as part of the program. Please note any restrictions about exercise on the referral. [Click here for the Referral Form.](#)

Joseph Brant Hospital, COPD Education Video Series

A series of YouTube Videos about self-management of COPD. [Link to the YouTube Playlist](#)