

Community Rehab Programs for COPD Currently Offered in Hamilton

Compass Community Health- Caring for My COPD

Description

Caring for My COPD is a 10- week community based pulmonary rehabilitation program for people who have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD) including those recently hospitalized due to COPD

- € Currently offering a virtual program or a hybrid version – some clients may come onsite for the exercise portion, or choose to receive exercise virtually and, education is offered virtually.
- € Hoping to move back to in-person

Website

<https://www.compassch.org/programs-services/managing-your-health-wellness>

Contact

Meridene Haynes, BSc(Kin), RCPT(P), CRE
Coordinator, Caring for My COPD Pulmonary Rehab Program
COMPASS Community Health
905-523-6611 ext 3005

Location

438 Hughson St. North
Hamilton, ON
L8L 4N5

Hours

Monday 8:00 am - 8:00 pm
Tuesday 8:00 am - 8:00 pm
Wednesday 8:00 am - 8:00 pm
Thursday 8:00 am - 8:00 pm
Friday 8:00 am - 4:00 pm

Cost

Free

Referral

-Referral:

[https://www.compassch.org/userfiles/COPD_PROGRAM_REFERRAL_June_2019.p
df](https://www.compassch.org/userfiles/COPD_PROGRAM_REFERRAL_June_2019.pdf)

- Upload referral form to EMR and then e-fax to center
- Accept e-referrals and they are live on the OCEAN platform to accept referrals.

Respiratory Rehab Program- St. Joseph's Healthcare Hamilton

Description

Respiratory Rehabilitation is an education and exercise program that promotes patient self-management skills for chronic respiratory diseases.

This is an 8 week long Day outpatient Program where patients come from home three days a week.

In a small group, patients take part in class presentations and therapy taught by members of the health care team in the Respiratory Rehabilitation Program.

Website

<https://www.stjoes.ca/hospital-services/chest-program/respiratory-rehabilitation>

Contact

Tel: 905-522-1155 Ext 35811

Fax: 905-523-5864

Location

St. Joseph's Healthcare Hamilton

50 Charlton Ave. E.

Firestone Institute for Respiratory Health

Hamilton, Ontario.

Cost

Free

Referral

The Firestone Ambulatory clinic accepts community referrals for assessment and consultation for admission to this program.

Family doctors and specialists complete a referral by contacting the Respiratory Rehabilitation Program Intake office at 905-522-1155 Ext 35811.

Not Currently Offering Community Rehab Programs for COPD, but May Again in the Future (paused for COVID-19)

INTEGRATED COMPREHENSIVE CARE (ICC) 2.0 In home care & ICC 2.0 Virtual Care

Information

- ICC program is available for admitted COPD or CHF patients that require home care at point of discharge.

-No longer accepting referrals.

Website

<https://www.stjosephshomecare.ca/news-and-links/news-events/~1356-Integrated-Comprehensive-Care-ICC-VIRTUAL-CARE-PATHWAY-CHF-COPD>

Contact

iccvirtualcare@stjhc.ca

Breathe Easy- Joseph Brant Hospital

Information

***Not Currently Offered, Potentially Offered again in July. Call back

-Self management program in a small group setting facilitated by a COPD Coordinator and allied health team

-This program includes self-management education, exercise and lunch

-20 session program running 2-3 half days per week from 11:00 a.m. to 2:00 p.m. for eight weeks

Website

<https://www.josephbranthospital.ca/en/programs-and-services/breathe-easy.asp>

Contact

- Contact: (905) 632-3737 ext. 5689

Location

Brant Wellness House, at [2160 Itabashi Way.](#)

Referral

Patients can self-refer by calling 905-632-3737 extension 5689 or have a physician referral by completing this form: [Breathe Easy COPD Wellness House Patient Referral Form](#)