



Personal Care
Specialists

My COPD Home Care Checklist

Symptom Tracker

Record symptoms daily to share with your GP or care team. This helps monitor changes and identify patterns that may require medical attention.

Date	Breathlessness Level (1-10)	Cough Severity	Notes

How to measure:

Breathlessness Level (1-10):

Use the Borg Scale:

- 0 = no breathlessness,
- 5 = moderate,
- 10 = maximal breathlessness.

Rate how hard it feels to breathe during normal activity.

Cough Severity:

- Rate as Mild (occasional, no impact),
- Moderate (frequent, some discomfort),
- Severe (persistent, affects daily activities).

Tel: 0113 345 0630

Email: enquiry@personalcare4u.co.uk





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Emergency Contacts

Keep this updated for quick access in emergencies. Having accurate contact details ensures immediate help during sudden health changes.

Name	Relationship	Phone Number

Tips for Reducing Breathlessness

Follow these GOLD-recommended tips to manage COPD at home. Each designed to improve breathing comfort and reduce flare-ups:

- Practice pursed-lip breathing – slows breathing and helps keep airways open.
- Keep rooms well-ventilated – fresh air reduces irritants and improves oxygen flow.
- Avoid smoke and strong fumes – these can trigger symptoms and worsen lung function.
- Plan activities with rest breaks – pacing yourself prevents breathlessness.
- Stay hydrated – thin mucus and make breathing easier.
- Take medications as prescribed – inhalers and treatments help control symptoms.
- Get flu and pneumonia vaccines – prevent infections that can cause COPD flare-ups.

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