



## What are the benefits of Telehomecare?

Telehomecare helps people with COPD stay in their own homes and become active partners in making healthy lifestyle choices. It helps patients avoid unnecessary trips to the hospital and it helps catch problems before they turn into emergencies.



## Is there a fee?

No. This program is supported by the Ontario Ministry of Health and Long-Term Care and Canada Health Infoway so there is no cost to patients. The home equipment is loaned to you while you are in the program.

## Who sees my personal information?

Your privacy is important to us. Your doctor, your Telehomecare nurse and other healthcare providers caring for you may see your personal health information. The Telehomecare program is managed by the Ontario Telemedicine Network (OTN). OTN believes that your personal health information is important and protects it according to the requirements of the Personal Health Information Protection Act, 2004. For more information about OTN's privacy practices, visit [www.otn.ca/about-us/privacy](http://www.otn.ca/about-us/privacy)

### For more information:

Phone: 416.506.9888

Email: [telehomecare@tc.lhins.on.ca](mailto:telehomecare@tc.lhins.on.ca)

**Do not send personal health information by email**



# otn.telehomecare

There's help to manage  
your breathing



Easy-to-use equipment and health coaching by a Telehomecare nurse can help you manage your Chronic Obstructive Pulmonary Disease (COPD).

## Enjoy the best possible health while staying in your own home

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It's difficult coping with the coughing, wheezing, and shortness of breath that come with COPD. Your activities of daily living can be a challenge. You and your loved ones may worry about how to manage your condition. Your anxiety may result in frequent trips to the doctor or hospital.

There is a free health coaching and remote monitoring program – Telehomecare – that can make a real difference in your life. Telehomecare helps people gain control of their COPD – chronic obstructive pulmonary disease – which refers to different types of chronic lung disease, including emphysema.



## How does it work?

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It's simple. You will be provided with easy-to-use equipment to measure your weight, blood pressure, and blood oxygen, as well as answer questions about how you are feeling each day. It only takes a few minutes to send the information through a computer tablet to your Telehomecare nurse who will monitor your vital signs.

Once a week, you and your Telehomecare nurse will also talk on the phone about your health. The nurse will answer your questions and guide you in setting achievable goals so you can enjoy the best possible health.

When the program ends after six months, the nurse will help ensure you have the resources you need to keep managing your health.

## Will I still see my doctor?

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Of course. You will continue to see your doctor and other members of your healthcare team as required. Your Telehomecare nurse will share your health information with your doctor.

## What if my condition gets worse?

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You and your Telehomecare nurse are partners, along with your doctor, in managing your health. You will learn to recognize early signs that your condition may be getting worse, so that you can better manage your daily life. If your daily results are cause for concern, the nurse will call you. If you have concerns about how you are feeling or about your test results, you can call the nurse at any time during regular weekday hours. Telehomecare is not an emergency response service.

## Does Telehomecare work?

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Yes. Telehomecare has been shown to reduce hospital stays and ER visits by more than 50 per cent. Telehomecare patients have told us the program really helps them, and they say they feel safe and secure and enjoy life more with their improved ability to manage their care. Telehomecare has helped more than 14,000 Ontarians since it launched in 2012.