

You are the expert in your health. Learn how to be the leader of your health care team. Help to shape the future of asthma and COPD care, through conversations with health professionals whilst learning how to better live with your asthma or COPD.

***Be part of the AIRR project***  
***Adelaide Integrated Respiratory Response***

***Who can join?***

If you have asthma or COPD, and are over 18yrs, then we would like to invite you to join the AIRR project. We are looking for **5** patients from your general practice.

**What does it involve?**

- You will be invited to attend **3** workshops that will provide information on self-management of your condition and working with your health care professionals. **2** workshops will be held in the first couple of months, with the final workshop after approximately **1** year. The workshops will be held either at your practice or in a nearby venue.
- An Asthma Educator or COPD Respiratory Nurse will also contact you to offer additional advice and support. You may continue to get support from these services if you wish to do so.
- You will be asked to complete surveys and provide feedback throughout the project.
- You will have the opportunity to join a Breathe Better Care Group where your input is valued and will help your health care providers deliver patient centred care to you and all patients with asthma or COPD.
- An additional workshop will be offered at the **6-month** mark focusing on ways to live well with a chronic condition.
- We will endeavour to find the best time for the workshops to be held which could be either during the day or evening.
- You will receive a \$50 gift voucher for your time and attendance at each **2.5-hour** workshop. For the final workshop you will receive a \$70 voucher.

**What will be covered in the workshops?**

At the sessions we will discuss how to best manage your condition and work with your general practice and pharmacy and other health professionals.

**What next?**

If your GP, nurse or pharmacist has recommended you then once you have provided your consent, we will contact you.

We look forward to working with you. For further information call (08) 8238 9339 or email [airr@asthma.org.au](mailto:airr@asthma.org.au)

**Asthma Australia**