

Catch Your Breath with Respiratory Conditions

Has your loved one been diagnosed with **chronic obstructive pulmonary disease (COPD), cystic fibrosis, asthma, or another respiratory condition**? Family First's Care Experts know that you are a crucial part of your loved one's care team. Our Care Experts can assist with education on conditions, learning about early warning signs, or how to work with your child's daycare or school. All while balancing your physical and mental wellbeing.



Here to Help

Family First's Care Experts will work with you to improve the quality of life for your loved one receiving care, for your family, and for you.

Family First Helps Caregivers:

- + Develop a Caregiving Blueprint
- + Understand a new condition or progression of a condition
- + Coordinate appointments and support insurance navigation
- + Work with doctors in creating an asthma action plan
- + Manage medication routines
- + Create opportunities to recharge from caregiving responsibilities