SOUTH GEORGIAN BAY ONTARIO HEALTH TEAM

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Are you at Risk of COPD?

Approximately 2 million Canadians live with Chronic Obstructive Pulmonary Disease (COPD), and as many as 1 million suffer while remaining undiagnosed and untreated. It's important to know the risk factors, symptoms and get tested so you can get the support you need to live well.

Know your Risk → **Spot the Symptoms** → **Get Tested**

Risk Factors

Understand your personal risk factors and take steps to reduce your risk.

- Cigarette smoking
- Use of other types of tobacco (pipe, cigar, water pipe)
- Cannabis use
- Second-hand smoke exposure
- Occupations with exposures to dust, chemicals and fumes such as farmer, welder, painter, railroad worker, miner, carpenters, metal workers, construction workers, and cement factory workers
- Air pollution
- Severe lung infection during childhood
- Genetics factors such as inherited alpha-1 antitrypsin deficiency or family history
- Asthma
- Lower socio-economic status
- Cooking and heating with wood, coal or crop waste

Symptoms of COPD

Canadian Lung Health Test

Answer the following questions to see if you have symptoms of COPD.

1. Do you cough regularly?
2. Do you cough up phlegm regularly?
3. Do even simple chores make you short of breath?
4. Do you wheeze when you exert yourself (exercise, go upstairs) or at night?
5. Do you get many colds and do your colds usually last longer than your friends' colds?

If you answer "yes" to any of these questions, see your healthcare provider to be assessed for COPD as soon as possible. These signs could lead to a serious life-threatening situation.

Testing

If you are experiencing symptoms of COPD, ask your provider about being tested. The earlier you are diagnosed the sooner you can take action and get the support you need to live well.

Types of tests

Your provider may test for COPD using one of the following methods:

1. Spirometry: Best test for diagnosing COPD. A simple breathing test that measures the speed and the amount of air you are able to blow out of your lungs.
2. Chest X-ray: May be useful to show signs of COPD and to rule out other disorders, but should not be used to confirm the diagnosis of COPD.
3. Oximetry: Measures the amount of oxygen in your blood to help assess whether you require supplemental oxygen.

Need a local family doctor?

Join the Health Care Connect waitlist (You do not need to leave your family physician to join).

Ontario.ca/healthcareconnect

8-1-1

Have you been diagnosed with COPD?

Do not worry! There are many supports and resources available for you across South Georgian Bay. Flip the page to explore our pathway to support and find free programs, education and services to help you live well with COPD.

Version 1: Last updated October 2026

Living Well with COPD

Your pathway to support in South Georgian Bay

Free programs, education and services to help you manage your COPD and improve your health.

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Are you...
- Living with COPD
- A family member or caregiver to someone with COPD

Get the support that's right for you
Explore free programs, education and resources available in South Georgian Bay

Better health, stronger you.
Build knowledge, and skills to live well with COPD, prevent flare ups and hospitalizations.

Primary Care Management

Work one-on-one with providers to create a COPD action plan

Georgian Bay Family Health Team
186 Erie St., Suite 100
Collingwood
705 - 444 - 5885

South Georgian Bay Community Health Centre
14 Ramblewood Dr., Suite 202
Wasaga Beach
705 - 422 - 1888

Services Include:
- Individualized COPD action plan
- Lung health assessment
- Exercise counselling
- Medication and Inhaler guidance
- Symptom monitoring
- Vaccination guidance
- Smoking Cessation Support

Education and Peer Support

Learn, connect and share with others

Pulmonary Rehab Program
8 week supervised exercise group
www.gbfht.ca/physical-health-2/
705-444-5885

Exercise Maintenance Program
Virtual gentle fitness group
www.southgeorgianbaychc.ca
705 - 422 - 1888

Living a Healthy Life with Chronic Conditions
Virtual skill building program
www.southgeorgianbaychc.ca
705 - 422 - 1888

Smoking Cessation Program
www.gbfht.ca/physical-health-2/
705-444-5885

Caregiver and Life-Limiting Illness Groups
www.hospicegeorgiantriangle.com
705-444-2555 x 7513

Additional Resources

Other options for support

Lung Health Foundation
Provides free resources and coaching to support to individuals living with COPD
www.lunghealth.ca/lung-disease/copd/

Hospice Shared Care Team and Advance Care Planning
Provides free support to individuals with a life-limiting illness such as, COPD
www.hospicegeorgiantriangle.com
705-444-2555 x 7524

OTN Telehomecare program
Remote monitoring and health coaching sessions in your home.
www.ontariohealthathome.ca/home-care/telehomecare/
1-833-515-1234

Community Paramedicine Home Visit Program
Community paramedics provide comprehensive in-home assessments
www.simcoe.ca/residents/paramedic-services/community-paramedicine/

Go to the hospital or call 911 if you are experiencing:
- Symptoms that are not improving or are worsening after 48 hours despite following your COPD Action Plan from your provider.
- Severe shortness of breath, chest pain, confusion, drowsiness, or feel you are in immediate danger.

Most Services are FREE and available to everyone in South Georgian Bay
Ask your healthcare provider for more information or dial 2-1-1 to learn about other supports available in your area.

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CHRONIC OBSTRUCTIVE PULMONARY DISEASE PROGRAMS (COPD) AND SUPPORTS IN SOUTH GEORGIAN BAY

Information for Patients, Families, Caregivers and Community Partners

Living Well with Chronic Obstructive Pulmonary Disease (COPD)

If you are living with COPD, a variety of free programs and services are available throughout South Georgian Bay to help you manage your health, build confidence, and connect with professional support. Services are available to residents of Collingwood, Wasaga Beach, Clearview Township, and The Blue Mountains.

You Are Not Alone

Managing COPD can be challenging, but support is available. Healthcare providers, and community organizations throughout South Georgian Bay are here to help you live well with COPD.

Testing

Individuals experiencing COPD symptoms may be referred to the Collingwood General and Marine Hospital (CGMH) for diagnosis and monitoring by their primary care provider.

Services include:

- Spirometry
- Pulmonary Function Test
- Oxygen assessment
- Pulmonary rehabilitation referral
- Emergency care for flare-ups

www.CGMH.ca

Primary Care Management Support

Individualized support for COPD management is available through your primary care provider to help you live a healthy, active and independent life, reduce flare-ups and prevent hospitalizations.

Services include:

- Individualized COPD action plan
- Comprehensive lung health assessment
- Exercise counselling
- Medication and Inhaler optimization and guidance
- Symptom monitoring and follow-up
- Vaccination guideance (COVID-19, Flu, RSV)
- Smoking Cessation Support

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To access these services, your primary care provider can refer you to one of the following organizations. Through these organizations you will receive care from an interdisciplinary team which may include nurses, kinesiologists, respiratory therapist, certified respiratory educators, and/or mental health counsellors.

Georgian Bay Family Health Team

705-444-5885

186 Erie Street, Collingwood

www.gbfht.ca/physical-health-2/ copd/

South Georgian Bay Community Health Centre

705-422-1888

14 Ramblewood Drive, Unit 202, Wasaga Beach

www.southgeorgianbaychc.ca/services/client-services/

Education and Peer Support Groups

Community-based education and peer support opportunities may be available throughout the year. Benefits include:

✓ Learning from others living with COPD
✓ Sharing experiences and practical tips
✓ Building confidence in self-management
✓ Access to healthcare professionals and educators

Pulmonary Rehabilitation Program

- Weekly 120 minute supervised exercise sessions for 8 weeks. Referral from primary care provider required.
- Sessions include warm up, strength training, aerobic training and cool down under the supervision of regulated health professionals such as a physiotherapist, physio assistant and/or respiratory therapist.
- Heart rate, blood pressure and pulse oximetry monitoring will be available.
- Each session will begin with educational discussion and cover a wide range of topics related to living well with lung disease. Education sessions are led by either the RN Respiratory Educator, Respiratory Therapist, Dietitian or Mental Health Counsellor.
- Patients are welcome to bring their partner or other family member to the education sessions.

www.gbfht.ca/physical-health-2/copd/ 705-444-5885

Living a Healthy Life with Chronic Conditions

- Offered virtually through ZOOM. Pre-registration using the link or phone number below required.
- 6 week program for anyone living with a chronic condition including COPD, diabetes, & heart disease.
- Learn skills to help better manage symptoms and support daily activities. Topics include fatigue management, mind-body connection, action plans, problem-solving, dealing with difficult emotions, physical activity and preventing falls, healthy eating, pain management, communication skills, planning for the future and more.

www.southgeorgianbaychc.ca/program/9/ 705-422-0900 ext. 5108

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Exercise Maintenance Program

- Gentle fitness group meets online for 60 minutes of low-impact exercise each week. This program is for anyone looking to increase their physical activity in a home setting. Participants will learn how to incorporate resistance training into their health routine, and learn balance exercises and stretching.
- Tuesday and Friday from 9:15AM - 10:15AM on ZOOM.
- Pre-registration required.

www.southgeorgianbaychc.ca/program/1/ 705-422-0900 ext. 5108

Smoking Cessation Program

- Program available to anyone in the community. Referral from primary care provider is preferred, however, self-referrals using the phone number below are also accepted.
- Program starts with a supportive group information session with TEACH certified smoking cessation counsellors.
- At the end of the group session, participants can enroll in the STOP* program and receive free nicotine replacement therapy (patch, gum, lozenge, or inhaler) to support their quit plan.
- Follow-up appointments are available either in person or via telephone to create a personalized quit plan and discuss strategies for managing and minimizing cravings and withdrawal symptoms.

https://gbfht.ca/physical-health-2/smoking-cessation/ 705-444-5885

Life-Limiting Illness Support Group and Caregiver Support Group

- Both groups are offered bi-weekly on Mondays from 2:00PM to 3:30PM at Hospice Georgian Triangle
- The life-limiting illness group offers a confidential and supportive space to connect with others with life-limiting illnesses such as, COPD.
- The caregiver support group provides caregivers an opportunity to meet other caregivers, learn practical skills, self-care techniques and coping strategies.

www.hospicegeorgiantriangle.com/respite-care/ 705-444-2555 ext. 7513

voorbergv@hospicegeorgiantriangle.com

Additional Resources

Lung Health Fondation

The Lung Health Foundation is committed to supporting those affected by COPD. Their website includes 'need to know' info on COPD, such as what causes flare-ups, treatment and management. They also offer My Lung Health Coach, a program designed to help COPD patients improve their lung health.

www.lunghealth.ca/lung-disease/copd/

Hospice Shared Care Team and Advance Care Planning

The Shared Care Program provides free support to individuals with a life-limiting illness such as, COPD.

- Explore what to expect with your illness.
- Exploring goals of care and care preferences.
- Connect you with services and community resources.
- Coordinate care with your healthcare team

www.hospicegeorgiantriangle.com 705-444-2555 x 7524

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OTN Telehomecare program

The program helps people living with conditions such as CHF and COPD learn to manage their condition in their own homes through remote monitoring and regular health coaching sessions. Patients can self refer using the number below. Support includes:

- Help checking your own blood pressure, weight, heart rate and pulse and a touchscreen tablet to send your results to your Telehomecare nurse.
- Direct communication with your nurse if your readings fall outside of your normal range.
- Weekly health coaching from your nurse, geared to your needs. This may include guidance regarding diet, exercise and other factors for optimal health.

www.ontariohealthathome.ca/home-care/telehomecare/ 1-833-515-1234

Community Paramedicine Home Visit Program

This program supports patients with chronic conditions to stay healthy and independent in their own homes by offering integrated, in-home care by Community Paramedics.
Community Paramedics work in collaboration with the patients primary care provider to perform:

- Wellness Checks
- Physical Assessments
- Vital Signs (including ECG)
- Patient Education
- Symptom Relief
- Remote Patient Monitoring
- Blood Work (Electrolytes, Blood Urea Nitrogen, Creatinine, Glucose, Hemoglobin, Hematocrit, INR, A1C)
- COVID-19 Testing
- Influenza and COVID-19 Vaccinations
- Medication Compliance and Administration

www.simcoe.ca/residents/paramedic-services/community-paramedicine/

South Georgian Bay Navigation Support

Explore 3 different ways to connect to local resources.

1. Search our local directory for resources and services based on keyword, topic or location
2. Call a provincial helpline
3. Contact our community navigator to get personalized suggestions for local resources or join our local waitlist for a family doctor.

www.southgeorgianbayoht.ca/community-wellness/ 705-444-5885

2-1-1

Connect with a provincial navigator to learn about other supports available in your area.

www.211ontario.ca 2-1-1

Did you find this pathway to support helpful?
Scan the QR code to share your feedback or visit:
https://forms.cloud.microsoft/r/TEe2f4BfF0

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