How do I know if the program is right for me?
Any individual who has a chronic pulmonary disease that affects their functional status, and therefore their quality of life, is a candidate for pulmonary rehabilitation. Those who participate in our program learn the tools to achieving optimum physical health with a maximum level of independence. They also learn that they can thrive, even while living with a breathing disorder.

Will my insurance cover services?
Pulmonary rehabilitation is covered by most commercial insurances, as well as Medicare and Medicaid. Gaylord staff will work with you to verify benefit coverage or to discuss treatment costs that may not be covered by insurance.

What happens after I’ve finished rehab?
What you learn during the program should carry over into your daily life. The staff will work with you to design a long-term plan of exercise and provide guidance on how and when to exercise at home in order to maintain your improved strength and stamina. We offer an alumni program where graduates can continue to exercise at Gaylord in a supportive and supervised environment. The Better Breathers Club, which meets monthly on the Gaylord campus, provides an opportunity for lung-disease patients and their families to meet and learn about their condition from concerned health care professionals in an empathetic environment.

What else does Gaylord Specialty Healthcare offer?
Gaylord Hospital is a specialty hospital that provides inpatient care for complex medical patients needing intensive rehabilitation. Gaylord’s program has earned the Center of Excellence designation for Passy-Muir, which is a speaking value affording those with a tracheostomy a voice to make their needs known, and Vapotherm which is a delivery system for heated high-flow oxygen. Both treatment modalities increase a patients comfort and can decrease number of days in the hospital.
OUTPATIENT PULMONARY REHABILITATION PROGRAM

Every patient is unique. The pulmonary rehab team works to provide resources to best suit each patient for optimal outcomes. Lung disease affects individuals of all ages due to environmental and occupational exposures, smoking or second-hand smoke, and hereditary factors.

Education is a pivotal part of the program. Education may include one-to-one teaching or group classes. Participants will learn about a variety of topics to help improve day-to-day management of living with chronic lung disease.

Appropriate individuals include those with
- Emphysema
- Chronic bronchitis
- Pulmonary fibrosis
- Pre/post-lung surgery
- Pre/post-lung transplant surgery

Education topics include:
- Lung Anatomy & Disease
- Breathing Retraining
- Oxygen Therapy/Traveling with Oxygen
- Activities of Daily Living (ADL)
- Signs and Symptoms of Infection
- Psychosocial and Stress Management

Program Goals
- Increase energy, strength, endurance, and exercise tolerance
- Enhance ability to perform ADL's
- Better understanding of medication and oxygen
- Reduced need for emergency room visits or hospital stays
- Reduced shortness of breath
- Reduced anxiety and improved self-reliance
- A personalized plan to help maintain overall health and wellness despite lung damage
- Feel stronger and more independent
- Enjoy everyday life again

“I cannot praise the program and staff enough—it has been extremely beneficial physically and educationally.”
~ Pulmonary Graduate Sandy Weiner

Gaylord’s Outpatient Pulmonary Rehabilitation Program is proud to be accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

Gaylord is registered as a provider with the American Lung Association (ALA).

Gaylord is a host site of Better Breathers Club, a support group for people with chronic respiratory disease.

PROGRAM OUTCOMES

100% satisfaction with the education program
97% satisfaction with the exercise program
Participants who successfully completed the program averaged walking almost 90 feet further in their post-test 6 minute walk
86% of participants reported improved quality of life via their CAT score assessment

www.gaylord.org