

Information Sessions for the General Public 2012



Asthma
Foundation SA

Live Well with Asthma

The 'Live Well with Asthma' session is designed to provide the person who has asthma or their carer with an update on current asthma management.

Topics covered include:

- Recognising symptoms of asthma and the severity of an attack
- Asthma medications including relievers and preventers
- Asthma triggers
- Delivery devices such as inhalers and spacers
- Monitoring and assessing asthma
- Asthma Action Plans
- Asthma First Aid

Live Well with Chronic Lung Conditions

The 'Live Well with Chronic Lung Conditions' session provides the person who has a chronic lung condition, and their carer, with an update on current management. This includes people with: Chronic Obstructive Pulmonary Disease (COPD), emphysema, chronic bronchitis, asthma and bronchiectasis.

Topics covered include:

- Definition and symptoms
- Diagnosis
- Exercise and energy conservation
- Lifestyle options
- Action plans

This session can be used as an introduction to managing a Chronic Lung Condition or as a refresher for someone who has attended a Pulmonary Rehabilitation course.

COST: Live Well Sessions are FREE

Live Well with Eczema

The 'Live Well with Eczema' session provides the person who has eczema, and parents and carers of children with eczema with an update on current eczema management.

The session will help people with eczema and their carers to look after their skin by:

- Explaining what is happening in the skin
- Discussing new discoveries and what they mean
- Demonstrating how to apply the various treatments used in eczema management, including wet wrapping and creams
- Providing a list of evidence-based websites and support networks available

Live Well with Allergy & Anaphylaxis

'Live Well with Allergy & Anaphylaxis' provides the person who has allergy/anaphylaxis, or their carer, with an update on current management. The program includes:

- Introduction to allergy (asthma, hayfever and eczema)
- Identifying allergies
- Avoiding common allergens
- General management
- Anaphylaxis:
 - What it is
 - How to treat it
 - Avoiding allergens (food, insect)
 - Use of an EpiPen

**For more information
or to book:**

Breathe Better Information Line
Freecall **1800 645 130**
asthmasa.org.au

Asthma Emergency Training

Asthma Foundation SA provides Asthma Emergency Training so individuals will know what to do in the event of an asthma emergency.

Being able to treat an asthma emergency could save a life.

Topics covered include:

- Signs and symptoms of asthma
- Identifying asthma triggers
- Assessing the severity of an asthma attack
- How to manage an asthma emergency
- Using an Asthma Emergency Kit

This session is appropriate for members of the general public including parents, carers, employees, coaches, officials and DECD swimming and aquatics staff.

COST: \$30 per person



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2012 Information Session Dates

Session	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asthma 10am - 11:30am		Wed 22nd		Thurs 26th		Thurs 28th	Wed 25th		Thurs 20th		Wed 28th	
Allergy & Anaphylaxis 10am - 12pm		Tues 14th			Tues 22nd			Tues 21st		Tues 30th		
Eczema 9am - 11am			Wed 14th (6pm-8pm)			Thurs 7th		Thurs 2nd			Thurs 15th	
Chronic Lung Conditions 10:30am - 12pm			Thurs 15th			Wed 13th				Thurs 18th		
Asthma Emergency Training 1 - hour	Thurs 19th 1-2pm	Thurs 16th 12-1pm	Thurs 22nd 1-2pm	Thurs 19th 12-1pm	Tues 8th 1-2pm Thurs 24th 12-1pm	Tue 5th 12-1pm Tue 19th 1-2pm	Wed 25th 12-1pm	Thurs 9th 12-1pm Tues 28th 1-2pm	Thurs 20th 1-2pm	Tues 9th 12-1pm	Thurs 8th 1-2pm Wed 21st 12-1pm	Wed 12th 12-1pm

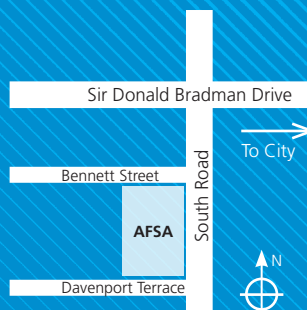
All training sessions are conducted at:

Asthma Foundation SA
300 South Road
HILTON SA 5033

AFSA can facilitate these programs in regional areas by negotiation.

For more information or to book:

Breathe Better Information Line
Freecall **1800 645 130**
asthmasa.org.au



Principal Partner

Santos
We have the energy.