



Fundación
Lovexair
cuida tus pulmones



Happyair

aprende. respira. sonríe

HappyAir Partnering

Learn, Breathe better and Smile!
For a more Healthy & Active Life



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Did you know?:

- 1 in 4 smokers have COPD
- 30 minutes walk a day improves your health
- Asthma is the most frequent cause of absenteeism in schools
- Indoor air quality has the same negative effects as environmental pollution

1. What is HappyAir?



An innovative project created **to address the needs of patients** with respiratory disease.

Thanks to this initiative, steps are being taken to **promote, prevent and monitor** lung health in local settings with the aim of making activities available on a much wider scale to patients, families and care-givers.

Our goal at Lovexair Foundation is to close the gaps that still exist in many communities, in patients' understanding and skillsets for self-management, whilst providing complementary resources to support healthcare professionals. This project is an ongoing research initiative, started by our clinical study launched in 2016 to improve **our knowledge about those people affected by respiratory conditions & contribute to improve patient adherence to their daily healthcare plan & treatments.**

Our aim is to develop our network to extend these resources to a much wider community.



HappyAir Pop-up events & educational workshops, enable people to **learn about the key factors for healthy lungs, improve their skills for handling respiratory disease such as correct inhaler use, whilst also receiving information on pulmonary rehabilitation, therapies, screening tests and physical activity to improve their own health status.**

Patients can sign up to specific programs, guided by a HappyAir educator, in areas which are of key interest according to their personal needs: **physical activities, pulmonary rehab or specific workshops.**

We are all aware that lung disease is a major public health problem (including rare conditions) and physicians' diagnosis and treatment plan for each patient, enables them to begin to adapt to the changes this imposes on their lives.



HappyAir offers people the opportunity to find solutions to any concerns they may have while developing the skills necessary to handle their own condition, make changes in their lifestyle and try to lead healthier lives, overcoming their difficulties.

What sort of topics do we cover?

- Lung health: what this means and how can we manage it?
- Early detection: how, when & why is it necessary?
- The correct use of inhalers and taking medicines
- Asthma: How can it be controlled?
- Disease management in the workplace
- Sleep apnoea: how to handle it?
- Stress and Depression: how to cope?
- Bronchiolitis: what this means and how to handle it?
- COPD: what this means and how to handle it?
- Respiratory therapy and pulmonary rehabilitation
- Exercise, care of the patient, living with respiratory disease
- Lung hygiene
- Respiratory induced allergies
- Smoking: Support in Giving up Smoking

HappyAir offers information and ongoing learning programmes in order to develop and maintain a healthier and active life. Whether you are a child, adult or elderly person affected by respiratory disease or needing more information, there is a program for you.



People interested in finding out about Healthy Lungs



People who use inhalers



People with respiratory conditions



Smokers



Patients' families



Parents of children with respiratory disease



Patients with chronic respiratory disease, especially using oxygen therapies

Join in and become part of the HappyAir community!

Pop-up HappyAir events are held in **public and private settings** including chemists, gyms, medical, clinical, educational, train stations or social spaces nationwide with the support of stakeholders who want to get involved and engage with this community with real social impact.

HappyAir spaces enable us to interact with the public, healthcare professionals and other stakeholders, to help people make healthier lifestyle choices, avoid smoking or better manage their own respiratory illness be it asthma, COPD or lesser known diseases such as alpha-1.

Patients who are engaged can then communicate better with their GPs and specialists and we can help to facilitate better communication on patient engagement and their progress, through our resources and amongst our key healthcare collaborators.

Our educators who are healthcare professionals, teach people how to improve their health and take regular exercise and follow doctor's guidance on treatment plans.



2. Why HappyAir?



HappyAir is designed to create collaborative spaces where organisations, institutions and companies who believe in the importance of our health and wellness can actively support and endorse our development goals: from training to workshops or introducing specific programs, helping supply much needed resources to build our network and

community and be a visible part of our communication network.

HappyAir spaces have a tool-kit available to launch pop-up events or activities by collaborating healthcare professionals, pharmacists, physiotherapists, nurses, clinics or gyms who want to include workshops, programs or activities to support and care for their community.

The resources available and the educator service offered from the Lovexair Foundation include programmes available **to manage the patient journey including an app for self-management. Patients are supported** to improve their adherence to a daily care plan following their doctor's recommendations. The educator, a trained physiotherapist or respiratory nurse, can supervise their physical activity guidelines, to improve their quality of life, become more independent and help them to manage their health status and well-being.

The programmes are designed to guide and **care for the patient**, offering different **personalised care** plans depending on the patient profile, and they have the support of respiratory healthcare professionals **committed to improving peoples quality of life and health outcomes.**

3. HappyAir Experiences

HappyAir has already been tested in retail pharmacy outlets with very positive feedback from healthcare professionals, patients, caregivers and citizens and has engaged women with COPD, young smokers, the elderly and inhaler users.

Workshop attendees welcomed the opportunity of taking part in programmes which allow them to broaden their knowledge of respiratory disease and carry out activities such as walks, organised locally and lead by an educator or volunteer.

The Lovexair Foundation is fully committed to promoting HappyAir Spaces to build the community and grow our network and resources, and show the public that these spaces, whether they be in healthcare centres, pharmacies, gyms clinics, or social centres, are the next place to call on or visit, to receive advice and guidance on their respiratory health, to interact with healthcare professionals who understand their situation. Collaborating physicians and healthcare professionals engaging in our network can participate and receive communication on what is going on in their local setting and get more involved with our activities and communication.

This is your opportunity to engage. We are counting on industry and partners to join us in this innovative project to reach out to the community and provide the support they need and request on a daily basis. You can contribute in any of the areas that we are working on, in a personal way and help us to build the community and extend our network and capabilities to a much wider number of people, than ever before. Raise the profile of respiratory disease & support a sustainable organization with meaningful social impact.

Learn, Breathe Better and Smile!

Join in and become part of HappyAir. Build your space and help us to promote a healthier active life for those people affected by lung disease.

**Come with us on
the HappyAir voyage**
Join HappyAir to bring
better quality of life to people
with respiratory diseases

Prevention + Promotion

- **Promotion** in chemists, gyms, medical, clinical, educational & social spaces.
- **HappyAir Learning Resources** for educators, patients, volunteers.
- **Pop-up Healthy Lung events** held in chemists, gyms etc.



Professional Training

- **Training programmes**, workshops and sessions for supervisors, educators, patients, families and care-givers.
- **Volunteer Training** to support patients and families.



Join in, help us and collaborate with HappyAir



Funding: Training sessions, workshops, care and support programmes.



CSR: CSR programmes in organisations.



Volunteers: to help us to promote Healthy Lungs and join patients in the different stages of their disease, supervised by our HC Professional network.



Community Support & Guidance

- One- to-one support for patients and families:
Telephone support service and digital care plan.
- Introduce activities for an active life & well-being.
- Build local or regional HappyAir spaces
with HC Professionals, patients
and care-givers.
- Develop volunteer
programmes.



Logistics and Resources



Equipment.



Digital & ICT Resources.



Build & support working groups
at local and regional level.



Logistical Support in chemists, gyms, medical, clinical,
educational and social spaces.

5. Contact Information

If you are interested in sponsoring us during 2016-2017 and becoming part of this initiative, we can sit down and design your HappyAir Space, contributing to different areas where your interests lie.

For further information:



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Note: The Lovexair Foundation was founded in 2011, and works in collaboration with the European Lung Foundation and is a member of its patient advisory committee. Similarly, the Foundation belongs to the European COPD Coalition (ECC) and participates with other active organizations involved in respiratory, rare disease, chronic care, integrated care and digital health. It also collaborates in global projects led by the Alpha-1 and COPD (Chronic Obstructive Pulmonary Disease) Foundations in the USA. In addition, it is a partner of the EIP-AHA (European Innovation Partnership Active Healthy Ageing), serving the interests of individuals affected by respiratory disease and working towards improved integrated care with digital health solutions.