



# Asthma Self-Management Program

Home visits for patients with asthma

## Asthma Self-Management

### Who is the program for?

Our program is for children and adults, 25 years old or younger. Patients must also be insured by Medicaid. This program was created for patients who have a new asthma diagnosis from a primary care provider, who need help to keep their asthma under control, or have recently been hospitalized because of asthma.

### Need Help Controlling Your Asthma or Your Child's Asthma?

- Are you age 25 or younger?
- Are you insured under Medicaid?
- Have you been checked in to the hospital or to the emergency room because of asthma?

## Who are Community Health Workers (CHWs)?

CHWs are trained and supervised by Stony Brook Children's Hospital to help you with your asthma. The CHW is a "good neighbor" (not a doctor or a nurse), assigned to work directly with you and your family to help keep your asthma under control. CHWs help by visiting your home (outside of the medical office) to help make sure you have an asthma-friendly home. A CHW can help you and your family by:

- Making sure you and your family have a current copy of your Asthma Action Plan
- Checking for things in your home that could cause you to have asthma symptoms
- Helping you keep track of your medications
- Giving you information about asthma
- Giving you spacers, masks, mattress and pillow dust covers (as needed)
- Connecting you to a healthcare provider to help you get your questions answered
- Helping to set up appointments
- Connecting you with other people and places to help you with your asthma

## Interested in Joining the Program?

For more information, ask your primary care provider during your next visit or call us at (631) 444-7307.

Go online: [stonybrookchildrens.org/KFH](http://stonybrookchildrens.org/KFH)

## Frequently Asked Questions

### How are Community Health Workers (CHWs) Trained?

CHWs are trained by Stony Brook doctors and nurses. Certified Asthma Educators from the Asthma Coalition of Long Island train the CHWs with a program from the Association of Asthma Educators.

### Are Services Available in Languages other than English?

Some of our CHWs speak Spanish and educational materials are available in Spanish. CHWs have access to telephonic interpretation for languages other than Spanish and help families learn ways to overcome language barriers.

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