



What Is STEP Programme?

Assisi Day Care team assists and supports patients with chronic progressive respiratory disease in their management of symptoms and optimisation of function, empowering them with self-management strategies.



Programme Objectives

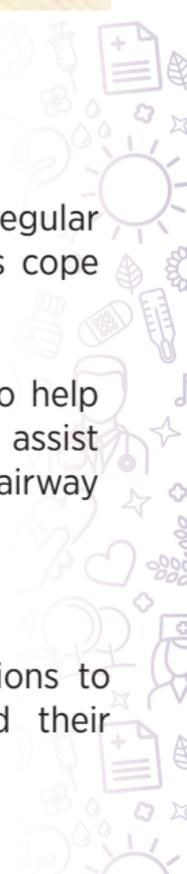
Support symptom management

Our medical and nursing team provides regular medication review and titration to help patients cope with their symptoms.

Patients will receive individualised action plan to help recognise early signs of exacerbation. We also assist with oxygen titration and optimisation of airway clearance techniques when required.

Transform life circumstances

Each patient is unique and we have conversations to establish goals of care with patients beyond their physical needs.



Empower patient and caregiver

Together with our occupational therapist, we redesign the patient's active-life with energy conservation techniques, equipment prescription and other solutions to help the patient cope better at home and in the community.

Personalised care

Our centre provides a range of exercise programmes. Our physiotherapist will prescribe exercises customised to each patient's ability and work together with the patient to scale the exercise intensity and the level of exertion.

Frequently Asked Questions

Do I need to have my own oxygen concentrator?

No. We use oxygen tanks during transport and we have stationary concentrators available upon arrival. We can manage patients who require up to 6 litres of long-term oxygen therapy with stable saturation.

Who can I approach for support when I am not at the Day Care centre?

A helpline is available for 24/7 access to our on-call care team.

