

# Maine Asthma Self-Management Education Program



## Learn to control asthma so it doesn't control you

### What is it?

Maine Asthma Self-Management Education is a **free** program that helps you learn about asthma and the important things you can do to help manage it.

### How can it help?

Asthma can't be cured, but it can be managed. Studies show education programs like these can help improve asthma control when added to medical care. This means you'll be able to enjoy an active, healthy life with fewer missed days at school or work.

### Who is it for?

This service is for Maine adults or children (and their caregivers) who are currently being treated for asthma, but still experiencing any of the following:

- Needing to use a rescue inhaler more than twice in a week
- Waking up at night because of coughing or breathing issues
- Being unable to do activities you normally enjoy
- Missing school or work
- Having to go to urgent care or the emergency room

### Who provides the education and where?

Community Health Workers and Community Paramedics will come to you to provide the asthma education program. This includes visits held at convenient locations—including your home, school or place of work.

### Enroll today

E-mail: [Paola.Piedrahita@maine.gov](mailto:Paola.Piedrahita@maine.gov)  
or [Leigh.Riley@maine.gov](mailto:Leigh.Riley@maine.gov)

### What does it provide?

The Asthma Self-Management Education Program is held over two or more sessions and covers the following topics:

- Learn about asthma and what happens to your body during an asthma attack
- Understand how to use your asthma medicine
- Establish an asthma action plan that tells you what to do when your asthma symptoms are getting worse
- Discover how to reduce or avoid things that could make your asthma worse
- Access community resources to help reduce asthma triggers in the home

### Do I need to pay for this?

The program is completely free and you do not need insurance to participate. The funding comes from the Maine Center for Disease Control and Prevention and the US Centers for Disease Control and Prevention

