

- **Asthma Basics** www.lung.org/asthmabasics
 - Asthma Basics program features a FREE one-hour interactive online learning module designed to help people learn more about asthma. Participants are able to obtain a certificate upon successful completion of the course.
- **Breathe Well, Live Well: The Guide to Managing Asthma at Home and Work** **302-565-2075**
 - An empowering self-help guide that explains asthma and shows individuals how to develop self-management skills and build support teams at home and at work. Pair this workbook with Asthma Basics for a deeper learning experience. The Educator Training is a 2-hour online module that includes the basics of asthma as well as preparation to facilitate adult asthma self-management education.
- **Open Airways for Schools** **302-565-2075**
 - Open Airways For Schools® is a program that educates and empowers children through a fun and interactive approach to asthma self-management. The program teaches children with asthma ages 8 to 11 how to detect the warning signs of asthma, avoid their triggers and make decisions about their health.
- **Asthma Educator Institute** www.lung.org
 - The American Lung Association Asthma Educator Institute is a two-day preparatory course for those qualified to take the National Asthma Educator Certification Board (NAECB) examination
- **Asthma Friendly Schools Initiative** www.lung.org
 - The Asthma-Friendly Schools Initiative provides a framework and tools that communities and schools can use to work together on a comprehensive approach to asthma management, including planning tools, policy recommendations, and education programs.
- **Inspire: Living with Asthma** www.inspire.com/groups/living-with-asthma
 - Asthma support group and discussion community
- **Delaware Asthma Consortium** www.deasthma.org

Members of the Delaware Asthma Consortium are a diverse, multi-disciplinary team of agencies, organizations and individuals in Delaware concerned with asthma. This group is committed to the sharing of mutual expertise and resources in addressing and reducing the burden of asthma in Delaware.
- **Delaware HelpLine** **1-800-LUNG-USA**
 - The Pennsylvania Quitline is a free local resource for quitting smoking. It provides over-the-phone counseling services with a certified quit coach, nicotine patches and lozenges (for qualified callers) and support for all Pennsylvania residents. Information and self-help materials are available.
- **Better Breathers Clubs** www.lung.org/support-and-community/better-breathers-club
 - Offer the opportunity for patients to learn ways to better cope with COPD while getting the support of others who share their struggles. The support groups offer the tools that patients need to live the best quality of life.