

Sue is a 78-year-old, living in the Bristol area, and has been living with COPD for 10 years. In this blog, she tells us about how the *myCOPD app* has given her more confidence, choice, and freedom from attending so many appointments. She also reflects on the support she received from the COPD Digital Champion Service which gave her the confidence to get the best out of the app.

I generally have very good knowledge of my condition because of the help I've had over the years and from attending pulmonary rehabilitation. But the myCOPD app gives me more up-to-date information in my own home; I don't have to go anywhere as I can find out everything here.

I find the app helpful, particularly the information and exercise tiles which I use the most and are particularly helpful. Even though I can roughly remember the exercises from when I attended pulmonary rehabilitation, the myCOPD app is a better reminder for how I need to do the exercises rather than having to dig out the paperwork which is somewhere in a cupboard. Now I just go on to the app. I find it easy to follow, but I use the app as and when I feel I need to, I don't use it every day

I was very anxious when I first started because I've got very little knowledge of technology and I'm always afraid of putting myself out there. I'm afraid that I'll put information in that I might not want others to know. But talking to Colleen from the COPD Digital Champion team, I now see that this is not something to worry about and that no one else will be looking at my information, except potentially Health Care Professionals involved in my care.

The coaching has definitely helped me because it's given me the confidence to use it. As I have gotten older, I've lost a lot of my confidence in doing things such as driving and skills which I would previously have taken for granted. Improving my confidence and giving me the belief that I could do it is the main thing that I'm grateful for. I don't think I would have used the app if I had not had the coaching because of my fear of technology.

I would recommend the app to others, with the input that I had from the team. I think the app will be very helpful, especially for anyone that doesn't have any background knowledge of their condition as the information on there is good, true and relevant. I would say that the coaching is really important so that you know that the app isn't anything to be afraid of.

Taking part is a confidence booster and it's also good for reassuring people that have a new diagnosis that you can continue normal living but the app will help you look after yourself.

