



Your partners
in asthma management

ASTHMA SELF-MANAGEMENT GOALS

For Children 10 and Older

Asthma is a serious disease but can be managed. You and your parents, together, are the most important people to help manage your asthma. The following goals will help you feel better, stay out of the hospital and be active.

Goal 1: I will know how to tell when my asthma is getting worse, tell an adult and take my albuterol.

Goal 2: I will follow my action plan and take all the medicines.

Goal 3: I will take all my medicines with me when I go to see my doctor.

Goal 4: I will learn how to prevent an asthma attack by knowing my triggers.

Goal 5: I will know how to use: MDI Spacer Peak Flow Meter

Goal 6: I will know my: Early asthma warning signs Green, Yellow, Red Peak Flow zones

Goal 7: How will I know if my asthma is under control? What will I be able to do that I cannot do now?

- Sleep through the night Run Not miss school
 Stay out of the hospital and emergency room Be able to take medicines without side effects

For adults in the home of asthmatic children

Goal 8: If I am a smoker (check as many as you like):

- I will ask my provider for advice on how to quit smoking.
 I will read materials about the dangers of second hand smoke.
 I will set a target date to quit smoking.
 I will smoke outside the house at all times.
 I will not smoke in the car with my asthmatic child.
 I will smoke ___ less cigarettes a day.

Goal 9: I will try to reduce the following asthma triggers in my home:

- Dust mites Mold Animal dander Cockroaches
 Smoking Strong odors

Parent Signature _____ Date _____

Child Signature _____ Date _____