

Jane: 63 year old woman with end stage COPD

Jane described herself as embarrassingly having COPD. She smoked for a very long time and believes that people out there think she “did this to herself.” She describes herself as angry and upset and thinks that she could have taken better care of herself.

She notes that she has always been very independent and that as her health is declining, she worries about needing to accept help – being cared for does not come easy for Jane. She acknowledges that with the COVID-19 pandemic, in an effort to protect herself, she has further isolated herself.

She described a supportive family – two of her daughters and one son live close by and are very helpful. Earlier on she did not feel afraid of dying, but now that she has grandchildren she wants to “stick around”. She is close to one of her sisters and expressed having a harder relationship with her other sister and brother. Her mother recently died.

She also has many friends. She notes that she has a hard time with family and friends seeing her in her current health and feels embarrassed by this.