

## YOU ARE NOT ALONE

Special Presentation for Caregivers

# CareMaps Workshop

**Wednesday, November 1 • 5:00 to 7:00 p.m.**

Mission Hope Cancer Center, 1325 East Church Street, Santa Maria

On any given day, tens of millions of Americans provide care to parents, siblings, relatives and friends living with illness or a chronic health condition. Their contribution to healthcare is critical, and their impact on society is significant. Yet their work is often invisible.

Because family caregiving is an isolated and underappreciated endeavor, it is not well understood and current systems intended to support them are often ineffective. CareMaps uses a human-centered approach to understand the fundamentally human experience of family caregiving. The Mission Hope Caregiver Support Group invites you to discover how the CareMaps technique can help you understand and improve your family's experience.

The CareMap is a hand-drawn representation of a caregiver's network. Purposely centered around the primary caregiver, it shows all the people who may be involved with the caregiver or those whom they care for. It illustrates the caregiver's own support system, demonstrates what is working well, and where different resources may be needed; it may also reveal duplication or gaps in care and resources that can be addressed.

In this free workshop, caregivers will learn to create and use the CareMap to gain valuable insights into their caregiving picture and forge a new way forward.



### Did you know?

There are community-based resources that provide support for chronically ill or elderly people, including home delivered meals and cleaning and/or yard work services. We can help you get started! Please call Jenni Davis, Patient Advocate, at Mission Hope Cancer Center: 346.3402.

Are you caring for a loved one?

## Caregiver Support Group

The Caregiver Support Group at Mission Hope meets once a month and provides a safe place to get together with those who understand the challenges and concerns of caring for a loved one. It serves as a forum for contributing ideas and helpful strategies in an encouraging atmosphere. Let us take care of you while you are providing care for the ones you love.

**First Wednesday of each month • 5:00 to 7:00 p.m.**

Mission Hope Cancer Center, 1325 East Church Street

**Light dinner served • No reservations needed**

**Additional support services are available from Dignity Health:**

### Family Caregiver Support Program

For referral and information, please contact Family Care Navigator Mary Amedeo, LCSW.

Phone: 805.614.2085

Email:

[Mary.Amedeo@dignityhealth.org](mailto:Mary.Amedeo@dignityhealth.org)