



A CLASS FOR CAREGIVERS:

Planning for an HCT patient to go Home

**Presented by a City of Hope oncology Certified
Nurse and Clinical Social Worker**

Ground Rules

- Feel free to ask questions at any time, however, you may also use the chat to type in your questions. Kindly mute your audio if you are not talking and be mindful of background noise.
- This is a safe space. Try your best to keep things confidential.
- Respect one another and do not speak over others. Use kind language.
- To maintain patient confidentiality, we kindly ask that you do not record this session. You may find the slides and additional materials on our website:
<https://www.cityofhope.org/patients/living-with-cancer/caregiving-for-a-cancer-patient/hct-discharge-class-for-caregivers>.
- If you have questions or concerns regarding your specific case and would like more guidance, please feel free to reach out to the class hosts and/or your primary social worker at **626-218-2282**

To help you in your role as a caregiver to:

- Learn about your own self-care needs
- Discover tools and resources to help you
- Get an overview of how to be best prepared to care for patient at home



1. Allogeneic (Allo)/Cord

- Related or unrelated donor cells
- *Allo Recovery time is 100 days from the day of transplant*

2. Autologous (Auto)

- Uses patient's own cells
- *Auto Recovery time is 30 days after leaving the hospital*



Caregiver Role – Transplant Patients



- **Allo:** Be available for **100 days** after transplant (or as told by the patient's doctor)
- **Auto:** Be available for **30 days** after patient leaves the hospital (or as told by the patient's doctor)
- Have backup caregivers
- Take the patient to and from appointments (about 2-3 clinic visits per week for allo, about 1 visit per week for auto)
- Help the patient with the things they need to do each day (such as make food, drive, chores at home)
- Help the patient take the right doses of the right medicines at the right times
- Look for changes in the patient's health (mini-assessment)

Plan to spend the whole day at City of Hope for follow up appointments.

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Be Safe From Germs and Viruses

How to Clean Your Home: Before and After the Patient is Home

- Slowly vacuum carpets a few times. *(If the carpet is soiled, it needs to be shampooed and fully dry, before the patient comes home.)*
- Dust drapes, blinds and furniture.
- Change filters in air conditioners, furnaces and water filter units.
- Turn off humidifiers.
- Clean all toilets, showers, counters, sinks and tubs
- **Do not remodel your home or do major fixes such as breaking down walls or pulling up old carpet. This can cause mold spores to go into the air. If big changes need to be made do them at least 2 weeks before the patient comes home.**
- Wash bed sheets once a week. Wash towels daily. Patient should have his/her own towels.
- The patient should sleep in their own bed. If the patient is your partner, it is okay to share the same bed.

Note: Patients should not be the one cleaning the home. Patient may want to leave the room that is being cleaned.

How to Set Up Plants

Allo: follow for 100 days

Auto: follow for 30 days

- Remove fresh or dried flowers from the home.
- Remove house plants from the main living space. It is okay to set them aside in a room away from the patient.
- The patient should not do any gardening post-transplant (ask your doctor when you can start again).
- Speak to your doctor if you have questions about plants at home.



How to Care for Pets

Allo: Follow for 100 days

Auto: Follow for 30 days

Do:

- Keep pets as clean as you can.
- You may want to have the pet tested by a veterinarian for any health problems.
- Always wash your hands after touching your pet.
- Keep pet's paws clean. You may use a mixture of half vinegar and half water to soak/clean the paws, or hypoallergenic baby wipes. Keep claws short with smooth edges (ask your groomer about grinding instead of clipping).
- Talk to your doctor about keeping your pet either indoors or outdoors.
- Talk to your doctor if you have multiple pets.

Do not let the patient :

- Clean cat litter boxes, bird cages, fish tanks
- Pick up dog waste
- Touch reptiles (such as snakes, lizards, turtles)
- Sleep with their pet

Mask Wearing

Allo transplant patients will need to wear a mask for the first **100 days** after transplant when not at home.

Auto transplant patients will need to wear a mask when at the hospital and as told by the doctor.

- **Adults**: 30 days after *discharge*.
- **Pediatrics**: 30 days after *transplant*.
- Wear a mask when at the hospital or clinic. The mask patients must wear is called **N-95**. (You can buy them online or ask medical team.)
- Stay away from crowds and people who may be sick.



Vaccines

Allo: 1 year after the transplant.

Auto: Your doctor will advise you.

Before that, the patient should:

- not get any live vaccines
- stay away from people who got the Sabin oral polio vaccine or yellow fever vaccine for one month
 - For children in the family, we recommend the inactivated Salk parenteral vaccine
- do not go near people that are vaccinated with a live vaccine (through the nose). *Ask a doctor how long it takes for the person to be clear of the virus before you are near them.*
- always check with your doctor before receiving any vaccines

How to Keep Safe from Germs and Viruses

Remind patients, family and friends to wash hands in the right way.

(See Safe Care Clean Hands booklet)

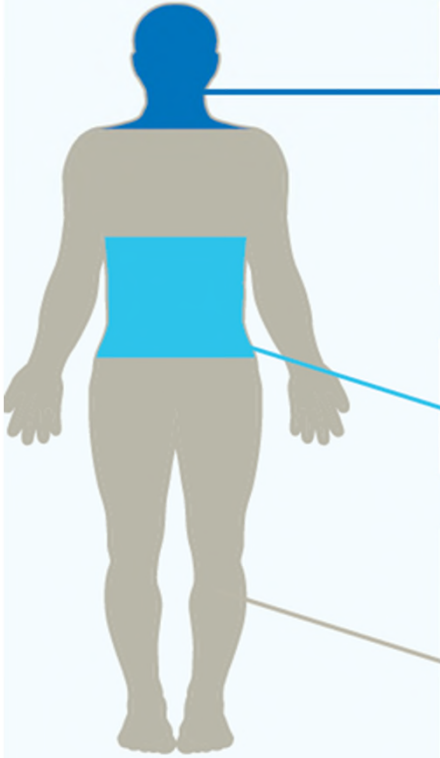


<https://youtu.be/eZw4Ga3jg3E>

How to Care for the Body and Mind

Mini Assessment Overview

MINI ASSESSMENT: A CHECKLIST FOR CAREGIVERS



MENTAL

- Slow to answer (Ask things like: Can a stone float on water? What day, month and year is it? In what hospital do you get care? Ask short-term questions like: What did you eat yesterday?)
- Anxious (feeling nervous, can't feel calm, constant worry)
- Depressed (tearful, unable to enjoy things that they usually can enjoy)
- Not making connections (may be foggy, cannot answer easy questions or follow verbal cues)
- Having changes in mood, energy levels, physical activity, etc.
- Having disturbed sleep (due to worry or anxiety)

NUTRITIONAL

- Any changes in appetite?
- Any changes in calorie consumption?
- Eating at least 1500 calories
- Drinking at least 8 cups of liquid (water, juice, tea, soup, etc.)

PHYSICAL

- Check body temperature. Use a digital thermometer on forehead, ears or mouth in the morning and at night. Call if it is higher than 100.4° F.
- Look for rashes, swelling, bumps, bruises, lesions or skin color changes from head to toe.
- Look for redness, white patches or lesions in the mouth.
- Check urine output and bowel patterns (do this before shower).
- Has disturbed sleep (due to changes in the body)

Mini Assessment: Mental

Do this twice a day (morning and night).

It should take 5 minutes. *If something changes or is abnormal, write it down and call the Nursing Triage Call Center at (626) 218-7133.*

Mental: *This is done to see changes in mental health that would also tell us if there is a change in the body. Is the patient.*

- Slow to answer (Ask things like: *Can a stone float on water? What day, month and year is it? In what hospital do you get care? Ask short-term questions like: What did you eat yesterday?*)
- Anxious (feeling nervous, can't feel calm, constant worry)
- Depressed (tearful, unable to enjoy things that they usually can enjoy)
- Not making connections (may be foggy, cannot answer easy questions or follow verbal cues)
- Having changes in mood, energy levels, physical activity, etc.
- Having disturbed sleep (due to worry or anxiety)

Mini Assessment: Nutritional

Do this twice a day (morning and night).

It should take 5 minutes. *If something changes or is abnormal, write it down and call the **Nursing Triage Call Center at (626) 218-7133.***

Nutritional: *This is done to keep the patient healthy by getting enough food to have the energy to do normal daily activities.*

- Any changes in appetite?
- Any changes in calorie consumption?
- Eating at least 1500 calories?
- Drinking at least 8 cups of liquid (water, juice, tea, soup, etc.)

Mini Assessment: Physical

Do this twice a day (morning and night). It should take 5 minutes.

*If something changes or is abnormal, write it down and call the **Nursing Triage Call Center at (626) 218-7133.***

Physical: *This is done to find early signs of fever, infection, and GVHD.*

- Check body temperature. Use a digital thermometer on forehead, ears or mouth in the morning and at night. (Day Hospital patients should check every 4 hours when away from the hospital.) Call if it is higher than 100.4°F.
- Look for rashes, swelling, bumps, bruises, lesions, or skin color changes from head to toe.
- Look for redness, white patches, or lesions in the mouth.
- Check urine output and bowel patterns. (do this before shower)
- Has disturbed sleep (due to changes in the body)

Body: Stay Alert for Fever

- We recommend taking the patient's temperature twice a day and whenever the patient is not feeling well.
- A fever is a temperature of 100.5F or higher.
- It can be a sign of infection.



Body: How to Keep Skin Healthy

Tips to keep patient's skin strong and safe from infection:

- Stay out of the sun as much as you can. Wear hats, long sleeves, pants, and sunglasses.
- Use an umbrella when out in the sun.
- Wear sun block (SPF 30+) even in the car and on cloudy days.
- Keep showers less than 10 minutes and use warm water.
- Use hypoallergenic and unscented moisturizers such as Cetaphil, Cerave, Aveeno, Aquaphor, Vaseline or other lotions.
- Use skin moisturizers after bathing and as needed.
- Report any rashes, redness or skin changes to your medical team.

Graft Versus Host Disease (GVHD)

What is Graft Versus Host Disease?

For ALLO transplant ONLY:

An allogeneic transplant uses blood-forming cells donated by someone else. GVHD happens because the donated cells (the graft) and the patient's cells (the host) are not the same. The new cells from a donor might attack the patient's cells because they see that they are not the same.

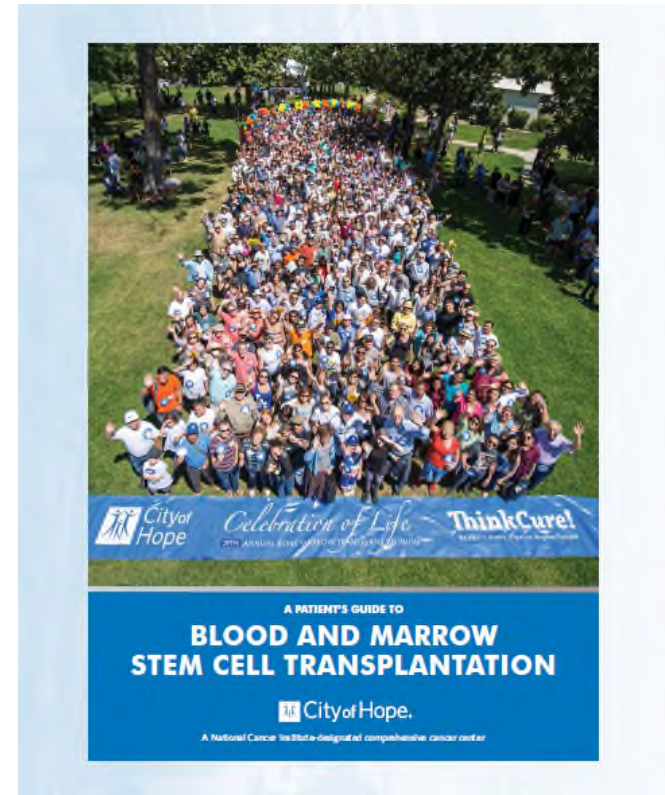
It is a common, and sometimes serious, side effect of an allogeneic transplant.

GVHD can range from mild to severe.

GVHD: Acute and Chronic (For Allo Transplants Only)

About 80% of **allo patients** will have some GVHD.

- **Acute**: Day 7-100
- **Chronic**: From day 80 and on
 - More likely to get chronic GVHD if you've had acute GVHD.



Check your transplant binder for more information or visit www.cityofhope.org/gvhd.

Signs and Symptoms of GVHD

	Skin	GI Tract	Liver	Lungs	Eyes
Acute	<ul style="list-style-type: none"> • Redness of palms of hands and soles of feet • Rash over parts of the body • Sensitive, itchy or dry skin 	<ul style="list-style-type: none"> • Diarrhea • Nausea • Loss of appetite • Abdominal cramps 	<ul style="list-style-type: none"> • Enlarged liver • Increased liver function test* (bloodwork) • Abdominal tenderness 		
Chronic	<ul style="list-style-type: none"> • Darkened and dry skin • Peeling of skin 	<ul style="list-style-type: none"> • Diarrhea • Weight loss • Difficulty eating or loss of appetite • Dry mouth 	<ul style="list-style-type: none"> • A gradual increase in liver function test* (bloodwork) • Enlarged liver • Abdominal tenderness • Yellowish color of skin and eyes 	<ul style="list-style-type: none"> • Hard to take deep breaths • Shortness of breath 	<ul style="list-style-type: none"> • Dry eyes • Sensitivity to light

**Liver function tests- blood tests that show how the liver is working*

Lower the Risk of Getting GVHD

Take your medicines

- It's important to take your medicines on schedule, even if you are feeling healthy.
 - ❖ Common immunosuppressants: Sirolimus, Tacrolimus, Cyclosporine, and Cellcept as prescribed.
- Call your doctor right away if you can't take the medicine for any reason.
- Even with medicine, some people still get GVHD.

Watch for early signs and tell your doctor.

- Do not brush off the early signs of GVHD.
- Early treatment of GVHD, infections and other side effects from treatment can make a big difference in your long-term recovery.

Protect yourself from the sun

- See “How to Keep Skin Healthy”

Ways to Stay Healthy

Body: Fitness Goals

Help the Patient Reach Fitness Goals

- The patient's Rehabilitation Team of Physical and Occupational Therapists (PT/OT) will give you a home exercise program to follow.
- Daily exercise can help keep the heart and lungs strong, keep muscles from getting weak, lower the chance of injury and lessen the chance of a fall.
- If the patient is too tired to do any exercise, at least have them sit up in a chair for a few hours each day.
- Outpatient PT/OT may be needed if the patient is not strong enough or finds it too hard to do daily activities at home.
 - *If you have questions, call PT/OT at x63328 or (626) 218-3328*

Food Safety Guidelines

Food Safety



- Getting sick from eating is caused by bacteria, viruses or parasites that can be in food.
- For the patient, these illnesses can be serious.
- Patient cannot eat out.
- Follow your doctor's advice if it differs.

Food Safety Summary

1. **CLEAN:** Wash hands, utensils, and cutting boards before and after you touch raw foods.
2. **SEPARATE:** Keep raw meat and poultry apart from foods that won't be cooked.
3. **COOK:** Use a thermometer and check the temperature chart (below).
4. **CHILL:** Chill leftovers and takeout foods within 2 hours and keep the fridge at 40° F or below.

USDA Recommended Safe Minimum Internal Temperatures				
				
Beef, Pork, Veal, Lamb Steaks, Roasts & Chops 145 °F with a 3-minute rest time	Fish 145 °F	Beef, Pork, Veal, Lamb Ground 160 °F	Egg Dishes 160 °F	Turkey, Chicken & Duck Whole, Pieces & Ground 165 °F
www.IsItDoneYet.gov				

Clinical Nutrition Services:
(626) 218-2108

Food Guide

Type of Food	Safe Foods to Eat	Foods to Avoid
Meat, Deli and Poultry	<ul style="list-style-type: none"> ✓ Meat or poultry cooked to safe minimum internal temperatures ✓ Hot dogs, lunch meats, or deli meats reheated to steaming hot or 165° F 	<ul style="list-style-type: none"> ☒ Raw or undercooked meat or poultry ☒ Hot dogs, deli meats and luncheon meats that have not been reheated
Fish and Seafood	<ul style="list-style-type: none"> ✓ Previously cooked seafood heated to 165° F ✓ Canned fish and seafood ✓ Fish cooked to safe minimum internal temperatures 	<ul style="list-style-type: none"> ☒ Any raw or undercooked fish or shellfish, or food containing raw or undercooked seafood e.g. sashimi (found in sushi, ceviche, etc.) ☒ Refrigerated smoked fish ☒ Partially cooked seafood, e.g. shrimp and crab
Milk	<ul style="list-style-type: none"> ✓ Pasteurized milk 	<ul style="list-style-type: none"> ☒ Unpasteurized (raw) milk
Cheese	<ul style="list-style-type: none"> ✓ Cheeses that are clearly labeled “made from pasteurized milk,” such as: <ul style="list-style-type: none"> ○ Hard cheeses ○ Processed cheeses ○ Cream cheese ○ Mozzarella ○ Soft cheeses 	<ul style="list-style-type: none"> ☒ Soft cheese made from unpasteurized (raw) milk, such as: <ul style="list-style-type: none"> ○ Feta ○ Brie ○ Camembert ○ Blue ○ Queso fresco (Mexican cheese type)

Food Guide

Type of Food	Foods Allowed	Foods to Avoid
Eggs	<p>At home:</p> <ul style="list-style-type: none"> ✓ Use pasteurized eggs/egg products when preparing recipes that call for raw or undercooked eggs ✓ All other unpasteurized eggs need to be fully cooked <p>When eating out:</p> <ul style="list-style-type: none"> ✓ Ask if pasteurized eggs were used 	<p>Foods that contain raw or undercooked eggs, such as:</p> <ul style="list-style-type: none"> ☒ Homemade Caesar salad dressings ☒ Homemade raw cookie dough ☒ Homemade egg nog
Nuts	<ul style="list-style-type: none"> ✓ Roasted or cooked nuts 	<ul style="list-style-type: none"> ☒ Raw nuts
Fruits and Vegetables	<ul style="list-style-type: none"> ✓ Washed fresh fruits and vegetables, including salads ✓ Cooked sprouts ✓ Cooked, frozen or canned fruits and vegetables ✓ Canned or pasteurized fruit or vegetable juices 	<ul style="list-style-type: none"> ☒ Raw sprouts (alfalfa, bean, or any other sprout) ☒ Unwashed fresh fruit and vegetables, including lettuce/salads ☒ Fruits or vegetables that have bruises, visible mold, and/or soft spots ☒ Unpasteurized fruit or vegetable juices
Pates	<ul style="list-style-type: none"> ✓ Canned or shelf-stable pates or meat spreads 	<ul style="list-style-type: none"> ☒ Unpasteurized, refrigerated pates or meat spreads
Honey	<ul style="list-style-type: none"> ✓ Honey that clearly states that it has been “pasteurized” ✓ Baked goods, cereals, snacks and other foods containing honey that have been pasteurized ✓ Cooked non-pasteurized honey 	<ul style="list-style-type: none"> ☒ Unpasteurized honey

Medication Management

How to Take Medication at Home

- Know the reason for the medication and what it does.
- Make a medication calendar or diary. Medication management apps can also be used.
- Use a medication pill box.
 - Have a pill box with 4 doses per day
 - Do not fill more than 4 days out at a time
- Store medications the right way and in a safe place.
- For **ALLO** patients - on clinic days do not take immunosuppressant medication until after lab testing.

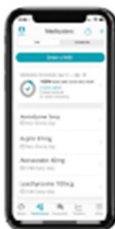


APPS TO HELP YOU MANAGE YOUR MEDICATIONS

It can be hard to keep track of the medicines you need to take while you are getting cancer treatment. You may have several pills that must be taken at different times or in different ways, which can add to the stress of cancer treatment.

It is important to take the right dose of the right medicine. These are a few apps that can be used to help you manage your medications.

This is for information purposes only. City of Hope has no affiliations with the developers of these apps and has no preference over one versus the others.



CAREZONE

COST Free

CareZone helps organize health information as well as access health services. You can scan your medications and set up reminders for when to take your pills. You can also keep track of important health vitals that can be shared with others.



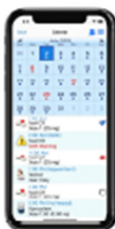
MEDISAFE MEDICATION MANAGEMENT

COST Free

Upgrades: \$4.99 per month or \$39.99 per year

Medisafe gives medication and refill reminders, as well as provides drug interaction warnings and the ability to do family scheduling.

This app also lets you share your medication information with your health care team.



PILL REMINDER

COST Free

Upgrades: \$1.99 one time payment for full version

Pill Reminder helps you remember to take your medications at the right time. It will allow you to make any type of regular reminder and will keep track of the amount of medication left. There is also an appointment reminder option.



ROUND HEALTH

COST Free

Round Health helps users remember to take their pills. The app will not only remind users to take their medications, but can also keep track and send reminders of their supplements.



Let Your Medical Team Know If...

- There is a bad reaction (for example, a rash, sudden fever, headache or nausea. Check the information that came with your medicine.)
- A dose is missed
- Any nutritional supplements/vitamins, or herbal medicines or cannabis are used.
- There is any trouble getting the medicine that you were prescribed.

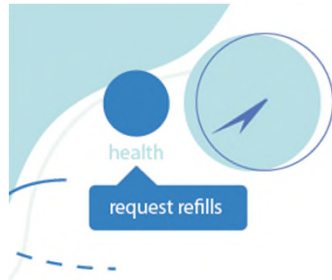
For any of questions or concerns, call or use MyCityofHope to contact your medical team. You will be given this information before leaving the hospital.

City of Hope Contacts







If you have any questions or need to report a problem Monday-Friday from 8am - 5pm	Call 626-256-HOPE (4673), dial “0” and ask for your doctor’s office
Weekends, holidays, or after 5pm	Call 626-256-HOPE (4673) Dial “65200”
City of Hope Prescription Refill/Renewal Line	626-301-8304
City of Hope 24-hour Nursing Triage	626-471-7133

- ***Keep these on your phone and in your home (such as on your refrigerator)***



MyCityofHope







With MyCityofHope, you can:

-  **Request appointments.**
Request your next appointment and view details of past and future appointments.
-  **Ask for prescription refills.**
Send a renewal request for any of your refillable medications.
-  **View After Visit Summaries.**
View your After Visit Summary and clinician notes.
-  **Access most test results.**
No more waiting for a phone call or letter. View your results for most tests online at your convenience.
-  **Communicate with your care team.**
Email your care team to get answers to medical questions without multiple telephone calls or unnecessary appointments.
-  **Pay bills online.**
Check and pay your bills from home.

Share with people

-  **Give friends and family access.**
Give access to your family and caregivers who help you with your health care needs.
-  **Download or send your medical records.**
Access information about your visits or send it to someone else.

Connect with hospitals and doctors

-  **Connect to Hope Virtual appointments.**
Connect with your City of Hope provider via a scheduled televisit appointment from home or wherever is most convenient for you.
-  **Give one-time access with Share Everywhere.**
Share your information with just about anyone, like a social worker or a school nurse.
-  **Connect your accounts.**
Combine your medical records from multiple health care providers that use the MyChart technology, allowing you to see your records in one place.
-  **Allow other hospitals and doctors to access your information.**
Give permission for a different health care provider to see your information.



CityofHope.org



MyCityofHope is a secure online portal that puts your medical information at your fingertips.

200-004-40565

When to Call Nursing Triage

Report these symptoms:

- Vomiting
- Diarrhea
- Bleeding that does not stop
- Rashes
- Cannot drink fluids
- Uncontrolled pain

Watch for signs of infection:

- A fever of 100.5°F (38°C) or more
- Shaking and chills after flushing your catheter
- Chills without fever
- Lasting cough with or without phlegm
- Coughing or sneezing
- Pain, swelling or redness of the throat

When to Call 911

Call 911 right away if patient has any of these symptoms:

- Very strong chest pain
- Trouble breathing
- Bleeding that will not stop
- Unconsciousness
- Serious injuries or burn
- Signs of shock: rapid weak pulse, cold pale clammy skin, confusion, rapid breathing
- Slow to answer
- Signs of a stroke such as change in mental state, trouble speaking, sudden severe headache, numb feeling in face, arms or legs



Navigating Transplant with a Helping Hand

Clinical Social Work

- Cancer and other serious illnesses affect the whole family in emotional, social and practical ways.
- It is common for patients, families and friends to experience distress (worry, anxiety, depression, fear, uncertainty).
- Clinical Social Workers can help you identify and reduce sources of distress, offer counseling support, and link you to useful resources in the community.

To reach your Clinical Social Worker, call the Division of Clinical Social Worker at 626-218-2282.

Location: Duarte campus, Main Medical, down the hall from pharmacy.

Day of Discharge

- **Getting ready to leave the hospital can be emotional.**
- There may be changes to the plan as your healthcare team works to ensure a safe discharge.
- You will meet with multiple members of the multidisciplinary team to help you prepare for discharge.
- Readmissions do occur and we are here to support you.



Communication

- **Medical Team**

- Ask them how best to communicate between appointments.
- Keep a notebook with questions/concerns.
- If you are unable to accompany patient, ask to be conferenced in for the appointment.

Friends/Family

- Communicating with friends and family
 - Choose a family spokesperson
 - Use social media
 - Access websites such as 'Caring Bridge' or 'Lots a Helping Hands'

Relationships can change when a person goes through a major medical event, and this is not your fault. Not all help is helpful. It's okay to let someone know if what they're doing is not meeting your need.

Intimacy and Sexual Activity

- You may notice changes in your relationship and/or sexual desire. This is a normal part of recovery.
- It is okay be close to your loved one. We encourage you to find ways to connect.
- Communicate with your medical team about when sexual activity can begin. It remains important to practice safe sex.
- If you experience any pain during sex or other unusual problems, bring this up with your medical team.

Resources

- The Positive Image Center at City of Hope may have products that can help with sex and intimacy.
- American Cancer Society:
 - Sexuality for the Man with Cancer
 - Sexuality for the Woman with Cancer

(Info sheets available in the Biller Patient and Family Resource Center)



What is SAS?

SAS stands for Self-esteem, Appearance and Sexuality. It is a two day class that addresses common questions and concerns related to body image, self-esteem and sexuality, which may be affected by cancer and treatment.

What will I learn in SAS?

- How cancer may impact your sex life and body image during and after treatment
- Practical strategies to overcome challenges to intimacy, sexual activity and other day-to-day activities
- Resources at City of Hope and within your community that can help you feel and look your best

Request a referral to Occupational Therapy

Practice Self Care



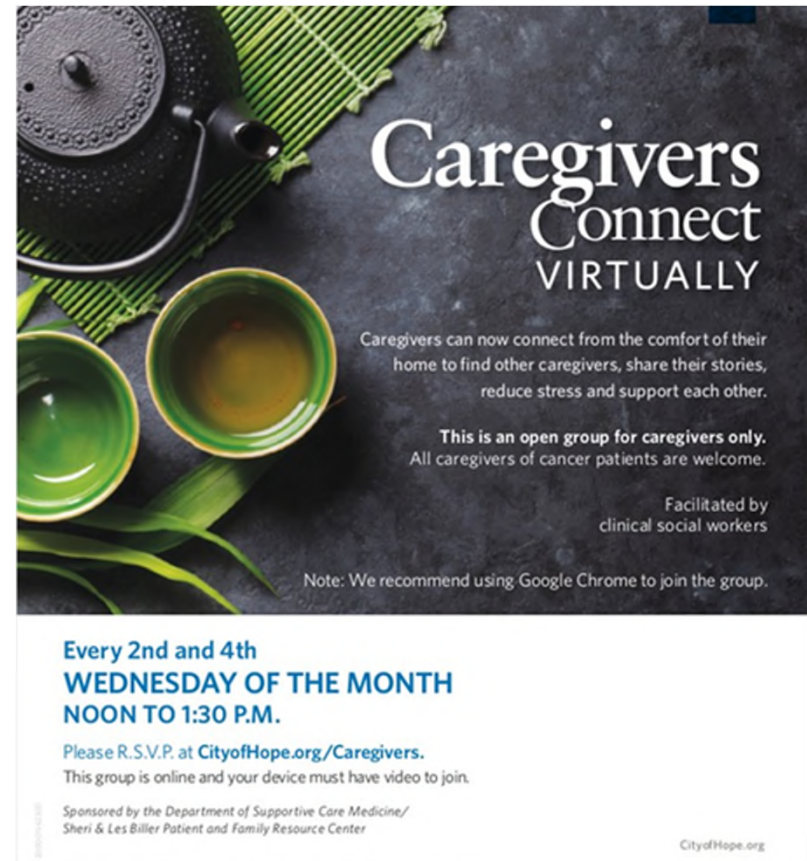
Ways to Recharge:

- Breathe, really breathe...
- Take a walk, change your environment
- Take a break
- Do a self-massage
- Take a five-minute shower
- Hold your pet
- Spend time with family and friends
- Laughter and humor
- Listen to music and just sing

Support at City of Hope

There are support groups available at City of Hope and in your community. Here are a few agencies to consider when accessing support:

- Be the Match
- Leukemia and Lymphoma Society
- American Cancer Society
- Cancer Support Community
- Cancer Care

A promotional poster for 'Caregivers Connect VIRTUALLY'. The top half features a dark background with a green bamboo mat, a black cast-iron teapot, and two green ceramic cups filled with tea. The text 'Caregivers Connect VIRTUALLY' is prominently displayed in white. Below this, smaller text describes the group's purpose: 'Caregivers can now connect from the comfort of their home to find other caregivers, share their stories, reduce stress and support each other.' It also states 'This is an open group for caregivers only. All caregivers of cancer patients are welcome.' and 'Facilitated by clinical social workers'. A note at the bottom of the poster says 'Note: We recommend using Google Chrome to join the group.' The bottom half of the poster has a white background with blue text: 'Every 2nd and 4th WEDNESDAY OF THE MONTH NOON TO 1:30 P.M.' It includes a request to 'Please R.S.V.P. at CityofHope.org/Caregivers.' and a note that 'This group is online and your device must have video to join.' At the very bottom, it is 'Sponsored by the Department of Supportive Care Medicine/ Sheri & Les Biller Patient and Family Resource Center' and the website 'CityofHope.org' is listed in the bottom right corner.

**Caregivers
Connect
VIRTUALLY**

Caregivers can now connect from the comfort of their home to find other caregivers, share their stories, reduce stress and support each other.

This is an open group for caregivers only.
All caregivers of cancer patients are welcome.

Facilitated by
clinical social workers

Note: We recommend using Google Chrome to join the group.

**Every 2nd and 4th
WEDNESDAY OF THE MONTH
NOON TO 1:30 P.M.**

Please R.S.V.P. at [CityofHope.org/Caregivers](https://www.cityofhope.org/Caregivers).
This group is online and your device must have video to join.

Sponsored by the Department of Supportive Care Medicine/
Sheri & Les Biller Patient and Family Resource Center

CityofHope.org

***For more information visit the Biller Resource Center at City of Hope
or call 626-218-2273. You may also reach out to your primary
Clinical Social Worker.***

How to Access Class Material

Website: www.cityofhope.org/HCTDischargeClass

- You may access a virtual recording of the English and Spanish classes, download the class slide deck, and view caregiver materials.

CCTV: Recordings of the English and Spanish classes are also available on inpatient TVs. This allows patients and caregivers to watch the recording during hospital admission.

QR Code:



How to Access the HCT Caregiver Class on Your TV


Patient Instructions

Quick steps:

1. From Main Menu, select **My Care Path**.
2. Select **Education Library**.
3. Select **Safe Care**.
4. Select **HCT Discharge Class for Caregivers**. Available in English and Spanish.

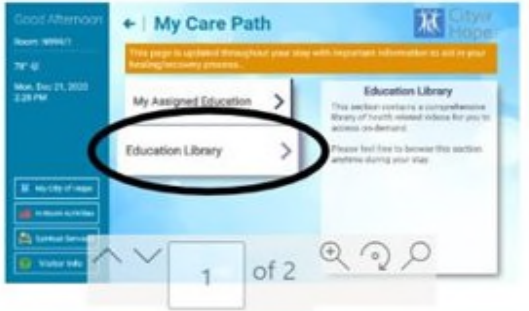
Full Tip Sheet

1. From Main Menu, select **My Care Path**.



The screenshot shows a TV interface with a 'Welcome' header. Below the header is a grid of menu items: 'Welcome', 'My Care Path' (circled in black), 'Watch TV', 'Patient Motor Services', 'Entertainment', 'Relaxation and Sleep', and 'Patient Requests'. A sidebar on the left contains 'My City of Hope', 'In-Room Activities', 'Special Services', and 'Visitor Info'.

2. Select **Education Library**.



The screenshot shows the 'My Care Path' screen. It has a header with a back arrow and 'My Care Path'. Below the header is a grid of menu items: 'My Assigned Education' and 'Education Library' (circled in black). A sidebar on the left contains 'My City of Hope', 'In-Room Activities', 'Special Services', and 'Visitor Info'. At the bottom, there is a navigation bar with '1 of 2' and search icons.

Thank you!

