



# Patient and Family Orientation

Patient, Family and Community Education

Sheri & Les Biller Patient and Family Resource Center

Department of Supportive Care Medicine

[CityofHope.org/PatientOrientation](http://CityofHope.org/PatientOrientation)



# Welcome to City of Hope!

## Today we will talk about ...

- **Section 1:** Slides 6 to 14  
How to Get the Most From Your Care
- **Section 2:** Slides 15 to 25  
Patient and Family Support Services
- **Section 3:** Slides 26 to 41  
Get to know the Duarte campus
- **Section 4:** Slides 42 to 51
  - Services, Amenities and Resources
  - In the Community
  - Patient and Family Education
  - Resources



(800) 826-HOPE (4673)



# Find More Orientation Information

## Visit

[www.CityofHope.org/PatientOrientation](http://www.CityofHope.org/PatientOrientation)

## Learn more:

How do I prepare for my appointment?

Parking and patient drop-off locations

Watch recording from this class

Campus Visitation Guide

Download this slideshow

## How Do I Prepare for my Appointment?

For information on where to go and how to prepare for your visit to the Duarte main campus, go to:

- [Preparing for your first appointment](#) (includes inpatient and outpatient clinics guide in English, Spanish and Chinese).
- [Our parking and patient drop-off locations](#): Before visiting the main campus, watch these videos with comprehensive directions to park or drop off a patient.
- [Main Campus Visitation Guide](#) for maps and wayfinding help.

## Watch Our Video

To get the most from your care, learn about the resources that City of Hope provides by watching the Patient and Family Welcome and Orientation video below.



[Download the Patient and Family Orientation slideshow](#)

# Patient and Family Centered Care



Committed to patient  
and family-centered care



Treating the whole person,  
supporting practical and  
emotional needs



National Cancer  
Institute-designated  
comprehensive  
cancer center



National  
Comprehensive  
Cancer  
Network®



## SECTION 1

# How to get the most from your care

- Your Health Care Team
- What a Typical Appointment Looks Like
- Where to Check In
- Talking With Your Health Care Team
- Financial Support Services and Billing
- 24-Hour Help Line Nurse Triage Call Center

# Who Is Your Health Care Team?



## You and Your Family

### Doctors — lead the health care team

- Medical oncologists
- Surgical oncologists
- Hematologists
- Radiation oncologists
- Other specialists

### Nurses — front line care providers

- Nurse practitioners
- Nurse coordinators
- Outpatient nurses
- Bedside nurses
- Case managers
- Other specialty nurses

### Supportive Care Team — help you cope

- Palliative care physicians
- Nurses
- Pain specialists
- Clinical social workers
- Psychologists
- Psychiatrists
- Patient navigators
- Child life specialists

### Other team members

- Dietitians
- Rehabilitation — physical therapists
- Occupational therapists, etc.





# Outpatient Clinics Check-In: All Patients



Check in at the Guest Services Desk



City of Hope Helford Clinical  
Research Hospital

**MASKS  
REQUIRED  
FOR EVERYONE**



VACCINATED  
AND  
UNVACCINATED



Visitor Policy Frequently Asked Questions  
[COVID-19 Visitor Policy FAQs | City of Hope | California](#)

# What Your Appointments May Look Like



- Check in for each appointment
- Lab tests: blood draw and Vascular Access Device (VAD) **If you do not have labs first, then you will go directly to your clinic appointment.**
- Imaging (Radiology in City of Hope Helford Clinical Research Hospital)
- Clinic appointment with health care team
- Treatment: radiation or chemotherapy (if needed)
- Schedule your follow-up appointment at the scheduling desk
- Check out



(800) 826-HOPE (4673)

# Making Your Voice Heard: Communicating With Your Health Care Team

- Bring a list of concerns and questions.
- Take notes and write down the answers to your questions.
- Bring someone with you.
- Speak up if you don't understand something.
- Repeat back or paraphrase what you heard, "So I hear you saying ..."

Ask your doctor how they would like to communicate in between appointments: email, phone or the MyCityofHope patient portal at **MyCityofHope.org**.



Make sure you understand your next steps:

- 1 Scheduling follow-up appointments
- 2 Making decisions regarding your treatment
- 3 Filling new prescriptions



# Doctor, Can We Talk?

## Important Questions to Ask

- What are the risks and benefits of the treatment?
- What are possible short- and long-term side effects?
- How often will I receive treatment?
- How long will each treatment last?
- What is the recovery time?
- Where can I find education about this treatment?
- How quickly must the decision be made?
- If I have questions during my treatment and my doctor is not available, whom can I ask?



**fact sheet**

### DOCTOR, CAN WE TALK?: TIPS FOR COMMUNICATING WITH YOUR HEALTH CARE TEAM

Talking to your doctor can be difficult. A diagnosis of cancer may leave you feeling frightened or overwhelmed, but good communication with your doctor will help improve the quality of the care you receive.

**WAYS TO IMPROVE COMMUNICATION WITH YOUR HEALTH CARE TEAM**

As a patient, it is important to remember that you are a consumer of health care. The best way to begin making difficult decisions about health care is to educate yourself about your cancer and who is on your health care team, including nurses, social workers and patient navigators.

**Start a health care journal.** Having a health care journal or notebook will allow you to keep all of your health information in one place. You may want to write down the names and contact information of the members of your health care team, as well as any questions for your doctor. Keep a diary of your daily experiences with cancer and treatment. You can separate your journal or notebook into different sections to help keep it organized.

**Prepare a list of questions.** Write down your questions and concerns about your illness and treatment before your next medical appointment. Write down the most important questions or concerns first. This way, you won't forget to ask about something that was important to you. Remember to try and make your questions specific and brief as your doctor may have limited time. Ask your most important questions first.

**Bring someone with you to your appointments.** Even if you have a journal and a prepared list of questions or concerns, it is always helpful to have support when you go to your appointments. The person who accompanies you can serve as a second set of ears. He or she may also be able to think of questions to ask your doctor or remember details about your symptoms or treatment that you may have forgotten.



**Write down your doctor's answers.** Taking notes will help you remember your doctor's responses, advice and instructions. If you are unable to write down the answers, ask the person who accompanies you to do it for you. A mobile device can also be used to take notes as well. Writing down notes will help you when you need to review the information at a later time.

**If your doctor allows it, record your visit.** Recording your conversation with your doctor gives you a chance to hear specific information again or share it with family members or friends.



# With MyCityofHope, you can:

- Request appointments.
- Ask for prescription refills.
- View after visit summaries.
- Access most test results.
- Communicate with your care team.
- Pay bills online.
- Connect to your Hope Virtual (televideo) appointments.



**MyCityofHope.org**

**For a new activation code, call (844) 777- 4673**

**Help Desk available 24/7**



## How do I sign up?

1. Find your activation code on the after visit summary.

### 2. Visit **MyCityofHope.org**

- Click the “New User Sign Up” box.
- Enter activation code.
- Follow the steps to complete your registration.

Or scan the QR code on your iPhone or Android.



# Partners in Safe Care: Patient Safety

## Take an active role in your care:

- Find out more about your condition and treatment.
- Ask questions and use reliable sources.

## Learn ways you can help keep your care safe:

- **“Expect to Check:”** Be properly identified.
- Medication safety: Know how to take them.
- Hand hygiene: Prevent the spread of infections.
- Prevent falls: We ask that you help us.

## Report concerns about care, treatment, services or safety to:

Your doctor, nurse or social worker, or [call a patient advocate](#) at **(626) 218-2285**.



Find patient and family education and resources at the Sheri & Les Biller Patient and Family Resource Center.

# Financial Clearance Specialist, Insurance and Billing

## Financial Support Services

- They answer insurance and financial questions before treatment or service has occurred.
  - Financial counseling
  - Questions regarding insurance coverage
  - Cost estimates for upcoming services
  - Charity care screening



## Billing Department

They answer payment or other questions about your City of Hope bill **after** the treatment or service.



**(800) 270-HOPE (4673)**

## Financial Counselors

**(844) 936-4673**

Ask to speak to your financial counselor, or email them at **DL-Patient-Estimates@coh.org**.

## Financial Counselors Assigned by Service Type (Located at the Duarte campus)

**Veronica Torres, ext. 88279**

(Breast, Gynecology, Plastic Surgery)

**Erika Velasco, ext. 85086**

(Diagnostic Radiation, Genetics, IR, Pediatrics, Lung, Thyroid, New Radiation Oncology, Survivorship, Urology)

**Mercie Charon, ext. 88193**

(Brain, Colon, Rectal, Gastrointestinal (GI), Liver, Neurology, Oncology, Pancreatic, Melanoma, Supportive Care)

**Monica Rojas, ext. 88415**

(Head and Neck, Lung/Thoracic, GI/GOS, Musculoskeletal, Orthopedic, Neurology, Prostate)

**Patty Chantes-Meza, ext. 82049**

(Hematology 1-2-3, Cardiology, Diabetes, Endo, GI, Nephrology, Infectious Disease, Foot Surgery)

**Virginia Trigueros, ext. 88416**

(Dermatology, Hematology 4-5-6-7)

**Melissa Williamson, ext. 85313**

Upland location

**Javier Cervantes, ext. 88343**

Corona location

# Whom Do I Call for Help at Night or Weekends?

## Nursing Triage Call Center



(626) 218-7133



### CALL 911 FOR:

- A life-threatening emergency
- Severe chest pain
- Difficulty breathing
- Poisoning
- Uncontrollable bleeding
- Signs of shock — rapid pulse, cold/pale/clammy skin, confusion, rapid breathing
- Unconsciousness or nonresponsive
- Serious injuries or burns

### CALL THE TRIAGE NURSE FOR:

- High fever (**100.4** F or higher)
- Nausea, vomiting or diarrhea that is not controlled by your medications
- Uncontrolled pain
- Problems with your VAD (venous access device) or PICC line
- Any health problem where you were told to call City of Hope
- Nonurgent health problems
- Help with self-care procedures
- Bleeding



### If you go to a hospital emergency room:

- Identify yourself as a City of Hope patient
- Call your City of Hope doctor after discharge



Triage nurses may tell you to come to the Evaluation and Treatment Center (ETC)  
Located in the Brawerman Center **1A** clinic



## SECTION 2

Patient and Family Support Services,  
Programs and Resources

Biller Resource Center  
Department of Supportive Care Medicine

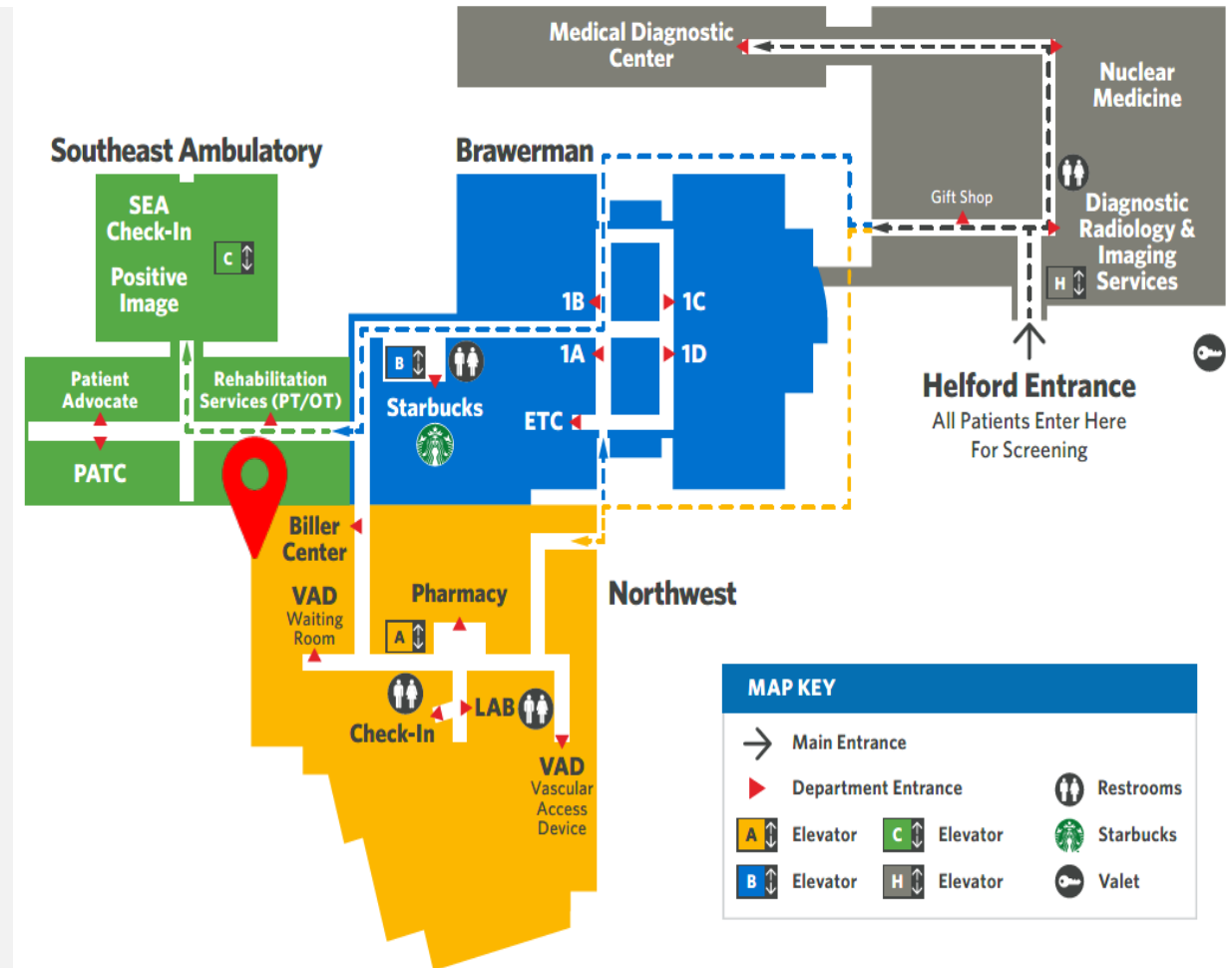
# Sheri & Les Biller Patient and Family Resource Center

- Library of cancer information and resources
- Educational classes and support groups
- Virtual Integrative therapies: Gentle yoga, guided meditation, art therapy, and more
- Business Center: computers, internet, free Wi-Fi
- Helpful staff and volunteers
- Monday through Friday, 8 a.m. to 5 p.m.

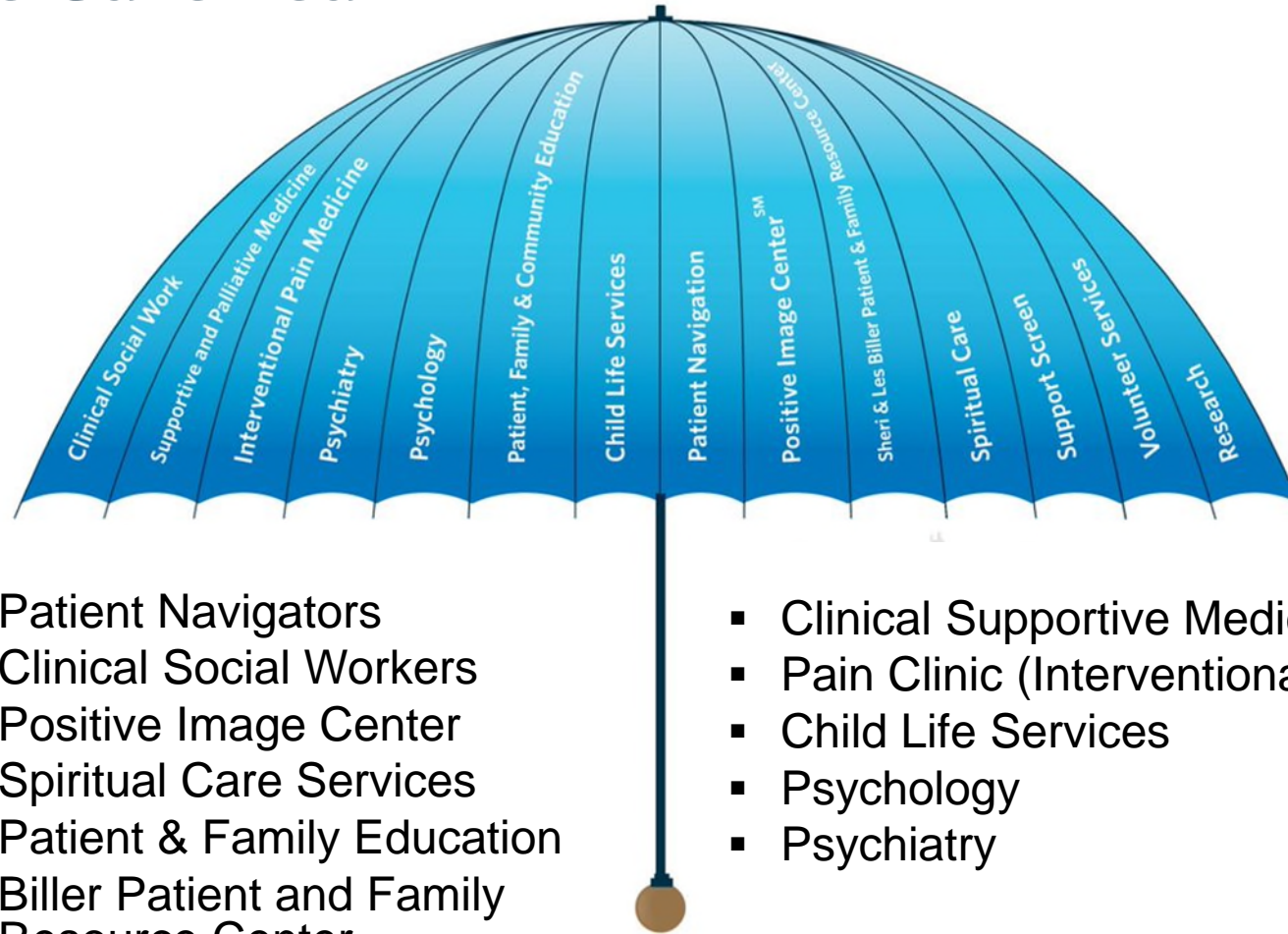


(626) 218-CARE (2273)

[CityofHope.org/BillerPatientandFamilyCenter](http://CityofHope.org/BillerPatientandFamilyCenter)



# The Supportive Care Team



Open - no  
Referral

- Patient Navigators
- Clinical Social Workers
- Positive Image Center
- Spiritual Care Services
- Patient & Family Education
- Biller Patient and Family Resource Center
- Interpreter Services

- Clinical Supportive Medicine
- Pain Clinic (Interventional Pain)
- Child Life Services
- Psychology
- Psychiatry

Need  
Referral



Ask your health  
care team for a  
referral

# Support and Counseling: Clinical Social Workers

Every patient has a clinical social worker assigned.

## Counseling and problem solving

- Adjustment to illness
- Coping skills
- Stress management and resources
- Grief and bereavement counseling

## Help with practical issues

- Help with advance directive
- Disability and Paid Family Leave



 Stop by the Clinical Social Work office down the hall from the pharmacy.



(626) 218-2282

[CityofHope.org/ClinicalSocialWork](https://CityofHope.org/ClinicalSocialWork)



# Advance Care Planning: Advance Directive

## What is an advance directive?

A written form that tells your family and health care team what you want if you can't speak for yourself

## It lets you choose:

A medical decision maker to speak for you

The kind of medical treatment you want or do not want

## Making an advance directive

Talk with family ahead of time.

Use the booklet “Advance Directive All In One Guide.”

Contact your clinical social worker, or call **(626) 218-CARE (2273)**.

## Free Notary Services for Advance Directives

Monday to Friday, 11 a.m. to 2 p.m.

Spanish and Chinese Notary available by appointment only.



Find advance directive forms in multiple languages at the Biller Patient and Family Resource Center.

### California Advance Health Care Directive

This form lets you have a say about how you want to be cared for if you cannot speak for yourself.

This form has 3 parts:

#### Part 1 Choose a medical decision maker, Page 3

A medical decision maker is a person who can make health care decisions for you if you are not able to make them yourself. They are also called a health care agent, proxy, or surrogate.



#### Part 2 Make your own health care choices, Page 6

This form lets you choose the kind of health care you want. This way, those who care for you will not have to guess what you want if you are not able to tell them yourself.

#### Part 3 Sign the form, Page 11

The form must be signed before it can be used.



You can fill out Part 1, Part 2, or both.

Fill out **only** the parts you want. Always sign the form in Part 3.

2 witnesses need to sign on Page 12, or a notary on Page 13.

Your Name



Copyright © The Regents of the University of California, 2016. www.prepareforyourcare.org

1

# Patient Navigators: Specialized Assistance

## Personalized guidance, information and support

- Help with coordinating multiple appointments
- Problem solving
- Assistance navigating the hospital system
- Reduce barriers to care

## Contact a patient navigator:



(626) 218-CARE (2273)



[CityofHope.org/PatientNavigators](https://CityofHope.org/PatientNavigators)



# Spiritual Care: Mind, Body and *Spirit*

## What do our chaplains do?

- Listen and support
- Counseling
- Address spiritual and religious concerns
- Give sacraments and religious information
- Connect you to resources for all faiths/religions in your community

Let your doctor or nurse know that you want to speak with a chaplain.

## Contact a chaplain:



(626) 218-3898



[CityofHope.org/SpiritualCare](http://CityofHope.org/SpiritualCare)



**Chaplain Jacqueline  
Trinkaus, M.Div., BCC**



**Chaplain Rev. Fr. Okey "Jude"  
Uche, Ph.D., M.A., BCC**



**Chaplain Khurram K.  
Ahmed, M.A., M.Div.**



**Chaplain Jonathan Timothy  
Stoner, M.Div.**

# Patient Resource Coordinators

- Financial assistance (as available)
- **Transportation**
- Health care referrals
- Food banks
- Housing resources
- Other resource needs



**(626) 218-2004**



**resourcecoordinators@coh.org**



## Transportation Resources

### CITY, COUNTY AND STATE GOVERNMENT AGENCIES

These agencies can arrange for low-cost or free local transportation for people who are disabled and meet income criteria.

**For more information on these services, please contact 211.**

### HEALTH INSURANCE

Reach out to your insurance company to see what they may offer for medical transportation.

If you have Medi-Cal, call the phone number on the back of your HMO card to ask about transportation benefits.

### ACCESS TRANSPORTATION

949-724-7433

ACCESS applications for Los Angeles County are available in the Sheri & Les Biller Patient and Family Resource Center and Clinical Social Work office. They can also be found online at <https://bit.ly/2PAitBm>.

**To apply for ACCESS:**

1) Call Customer Service for your county and let them know that you have reviewed the application and need an identification (ID) number.

Los Angeles County	800-827-0829,
TDD	800-827-1359
Orange County	714-560-5956, ext. 2
Riverside County	800-795-7887
San Bernardino County	800-990-2404

2) After getting the ID number, you can schedule a transit evaluation.

### AMERICAN CANCER SOCIETY'S ROAD TO RECOVERY PROGRAM

This program provides a ride to and from treatment for people



## Looking for Resources to Help You While in Treatment?

### CITY OF HOPE'S PATIENT RESOURCES COORDINATOR CAN PROVIDE INFORMATION ON:

- Transportation
- Housing
- Food banks
- Utility assistance programs
- Emergency shelter
- Disability benefits and paid family leave
- Supplemental Security Income
- Community mental health services
- Community pain management
- Short-term accommodations
- Support groups
- Treatment-related prescription assistance
- Community programs and services



# Interpreter Services

## Interpreters are provided through:

- Live face-to-face
- Over the phone
- Video remote interpreting

## Contact Interpreter Services:



(626) 218-8024



[interpreter@coh.org](mailto:interpreter@coh.org)



[In Your Language | Diversity and Inclusion |  
City of Hope in Southern CA](#)





# Positive Image Center <sup>SM</sup>

## Services

- Complimentary haircuts and head shaves
- Custom wig fittings and cuts
- pre/postmastectomy fittings
- Eyebrow application
- Head wrap and scarf tying techniques

## Products

### Intimate boutique space to shop for:

- Radiation creams and lubrication oils
- Cosmetics and skin-care products
- Postmastectomy bras
- Wigs, hats, head wraps and scarves



## Private consultations with oncology-trained licensed cosmetologists

Monday to Friday, 8 a.m. to 4:30 p.m.



Southeast Ambulatory Clinic  
(Green Path)



Walk-ins are always welcome!



For appointments, call (626) 218-3842



[CityofHope.org/PositiveImage](https://www.cityofhope.org/PositiveImage)

# Recommended Websites With Reliable and Up-to-Date Information

## City of Hope

### [CityofHope.org](http://CityofHope.org)

- Information on treatments and diagnoses
- Online educational classes
- City of Hope clinical trials search engine

## American Cancer Society

### [cancer.org](http://cancer.org)

- Transportation and lodging assistance
- Over the phone education classes
- Online support groups

## Cancer Legal Resource Center

### [thedrlc.org](http://thedrlc.org) or (866) 843-2572

- Health insurance, government benefits
- Time off work, disability
- Estate planning
- Free, confidential, one-on-one consultations

## Cancer Care

### [cancercare.org](http://cancercare.org)

- Online and over the phone educational workshops and support groups
- Financial assistance for medications, home care, transportation and childcare

## National Cancer Institute

### [cancer.gov](http://cancer.gov)

- Nationwide clinical trials search engine
- Cancer data and statistics
- Live help: online chat

## Cancer Support Community

### [cancersupportcommunity.org](http://cancersupportcommunity.org)

- Online support and discussion groups
- Treatment decision counseling
- Cancer Support Hotline

## SECTION 3

# Get to know the Duarte campus

- Parking and Shuttle
- Finding Your Way Around
- Patient Care Areas: Clinics (Outpatient), Hospital (Inpatient)
- Places to Eat, Healing and Meditation Gardens

# City of Hope Duarte campus



# Parking and Shuttle Services

**Self-parking is** available at no charge at **Lots A, D, E and G.**

- There is alternative parking in the employee lots. Ask the valet for more information.

**Valet** — \$4 (\$2 disabled placard)

- **Helford Hospital:** Monday through Friday, 7 a.m. to 7 p.m., Saturday, 8:30 a.m. to 5 p.m.

**Shuttle service around campus**

- Monday through Friday, 7 a.m. to 8 p.m.
- Saturday, 8:30 a.m. to 5 p.m.



Wheelchairs  
available at valet



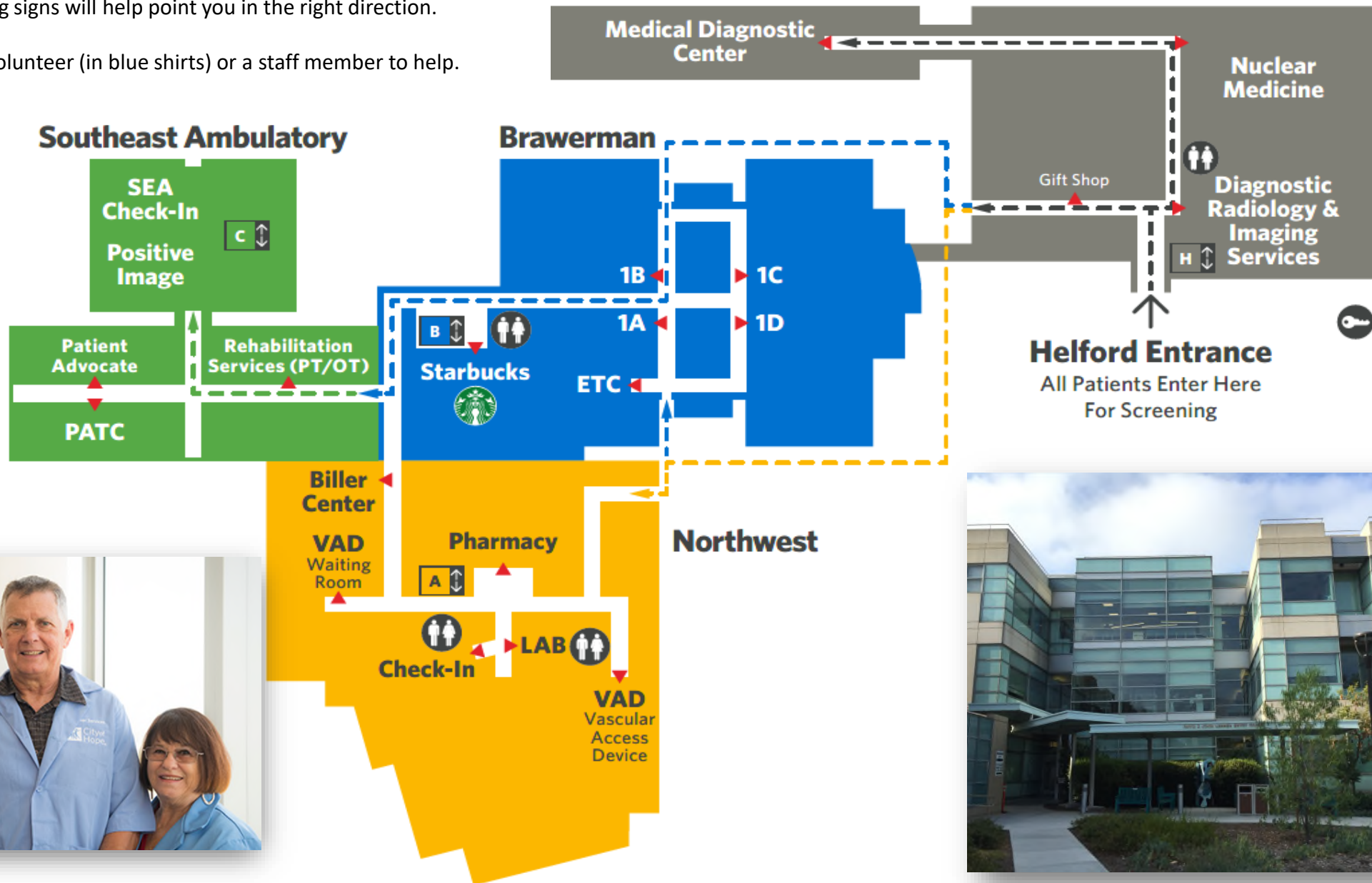
Call for a shuttle at **(626) 218-2006**, or call for an escort to your car after hours/on the weekend.





Look for the signs!  
Look for the volunteers in blue shirts!

Color-coded wayfinding signs will help point you in the right direction.  
You can always ask a volunteer (in blue shirts) or a staff member to help.



# COVID-19 Testing

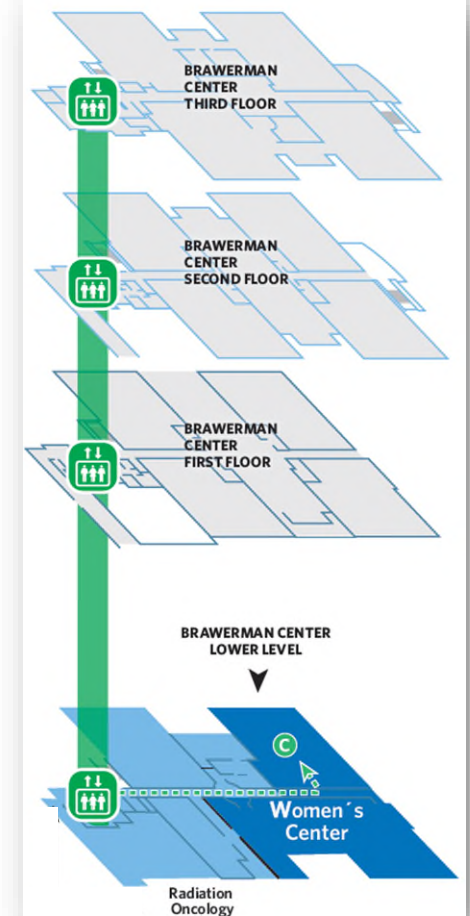


# Outpatient Clinics

## Geri & Richard Brawerman Ambulatory Care Center

Ambulatory = Outpatient

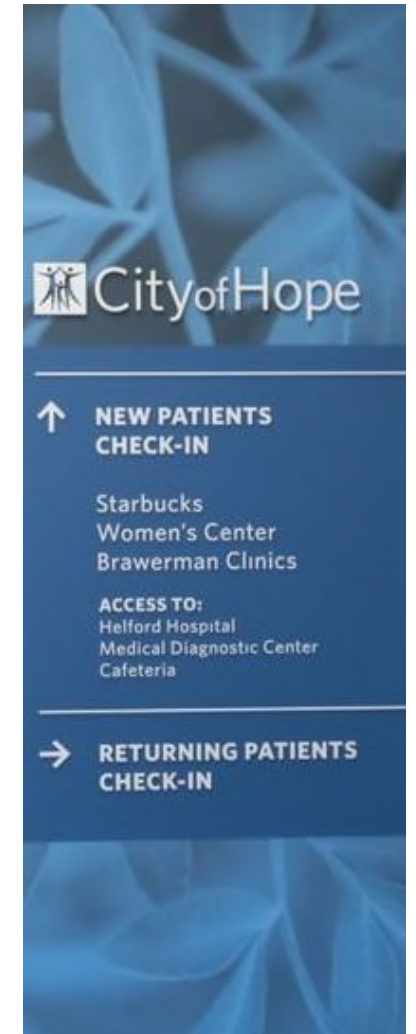
For outpatient clinic visits without prior lab or imaging appointment, check in at the clinic.





# Brawerman Center, Lower Level

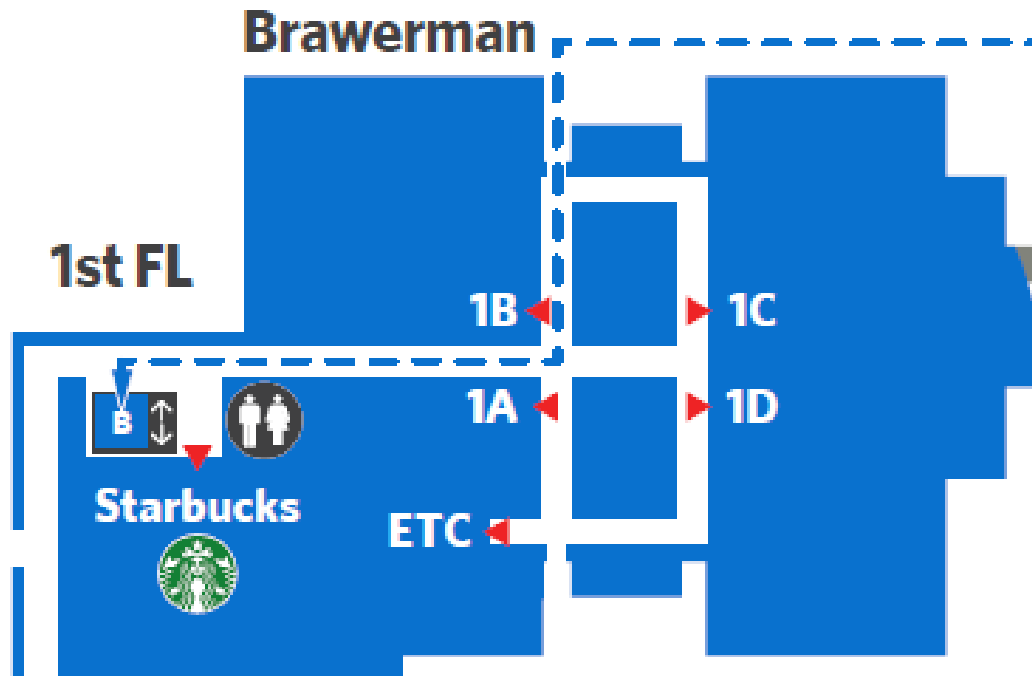
- Kaiser Bone Marrow Transplant
- Prostate Cancer Survivorship Clinic
- Radiation Oncology
- **Women's Center**
  - ❖ Diagnostic visits
  - ❖ Clinic visits and minor procedures
  - ❖ Genetic counseling
  - ❖ Mammography and tomosynthesis imaging
  - ❖ Ultrasound imaging
  - ❖ Bone density testing
  - ❖ Stereotactic breast biopsy
  - ❖ Plastic Surgery
  - ❖ Supportive Care
  - ❖ Couples counseling (one-on-one)
  - ❖ Couples program



**Don't forget to schedule your next appointment.**

# Outpatient Clinics – Brawerman Center, Level 1

- 1A Evaluation and Treatment Center (ETC)
- 1B Hematology | HCT/Bone Marrow Transplant
- 1C Hematology | HCT/Bone Marrow Transplant
- 1D Observation





# Outpatient Clinics – Brawerman Center, Level 2 and Level 3

**2A** Head and Neck | Pulmonary | Thoracic

**2B** General Oncologic Surgery | Adult Gastrointestinal (GI)

**2C** Melanoma | Sarcoma | Neuro-Oncology | Orthopedic

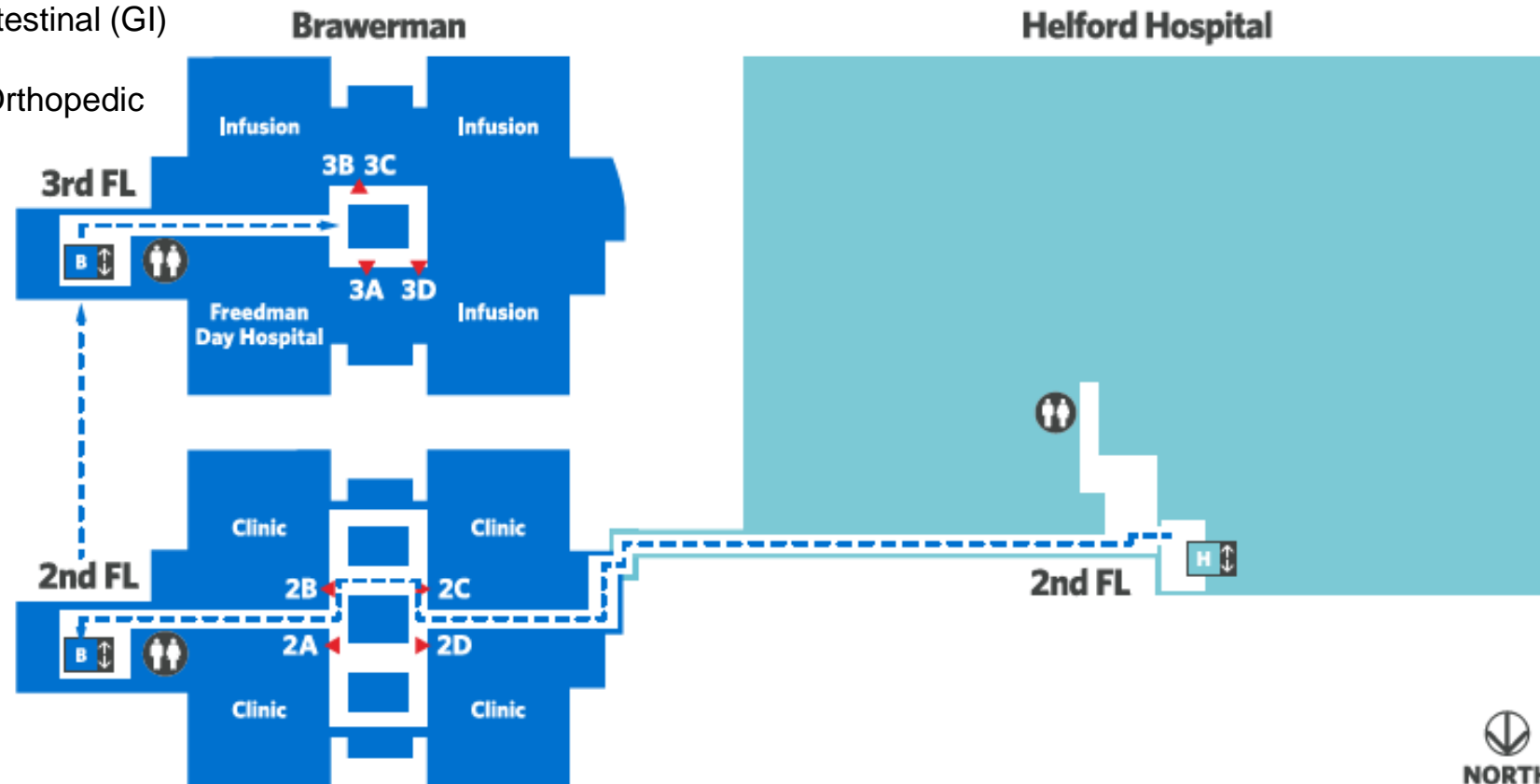
**2D** Urology

**3A** Freedman Day Hospital

**3B** Infusion

**3C** Infusion

**3D** Infusion



# Southeast Ambulatory Clinic

**1<sup>ST</sup> FLOOR**

Procedure Clinic and Positive Image Center <sup>SM</sup>

**2<sup>ND</sup> FLOOR**

Pediatric Clinic

**3<sup>RD</sup> FLOOR**

Diabetes, Endocrinology & Metabolism Clinic

**4<sup>TH</sup> FLOOR**

Medical Specialties and Supportive Care Medicine Clinics



# Michael Amini Transfusion Medicine Center

## Second Floor

- Blood transfusion
- Stem cell collection

## Third Floor

### Outpatient Surgery Center

- Endoscopies
- Biopsies
- Lumpectomies and reconstructive surgeries

## Blood Donor Center



(626) 471-7171



[iDonateBlood4Hope.org](https://iDonateBlood4Hope.org)



# Judy & Bernard Briskin Center for Clinical Research

## For patients in clinical trials

- All services in one space
- Multidisciplinary team
- Infusion appointments
- Dedicated pharmacy, lab services and EKG

5

private rooms

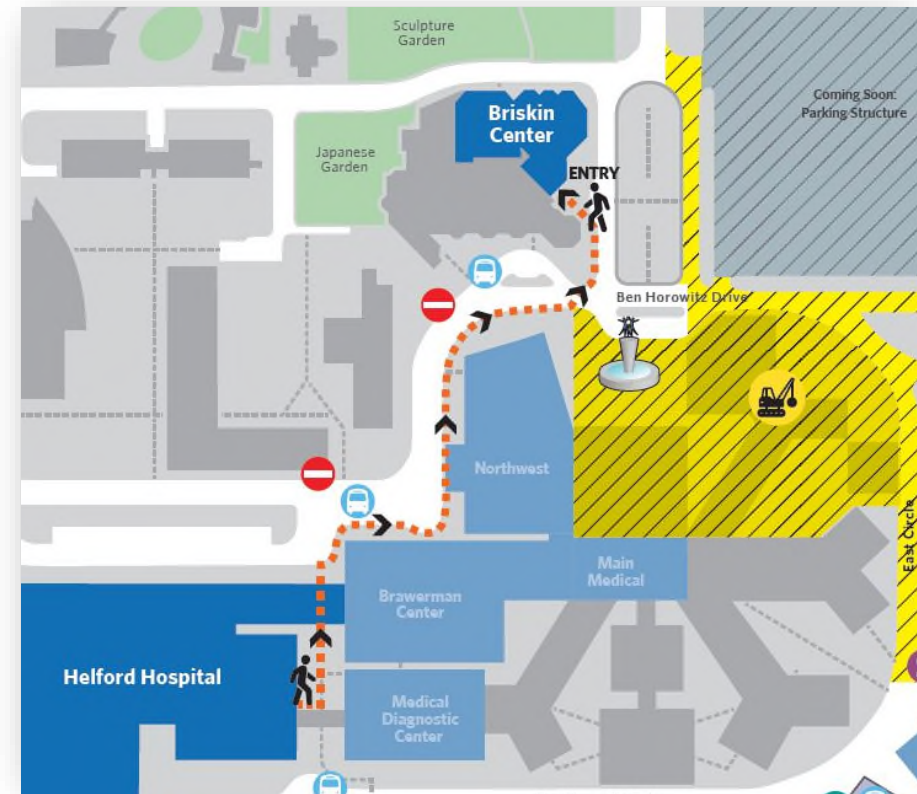
17

Infusion areas overlooking the Rose Garden



iPads that enable patients to:

- regulate lighting
- listen to music
- Watch online content streamed to a flat screen monitor
- Individual electronics charging stations





# Inpatient: Hospital Areas and Rooms



**City of Hope Helford Clinical Research Hospital**



**Nurses in Helford Hospital, 4 West Unit**



# Helford Clinical Research Hospital

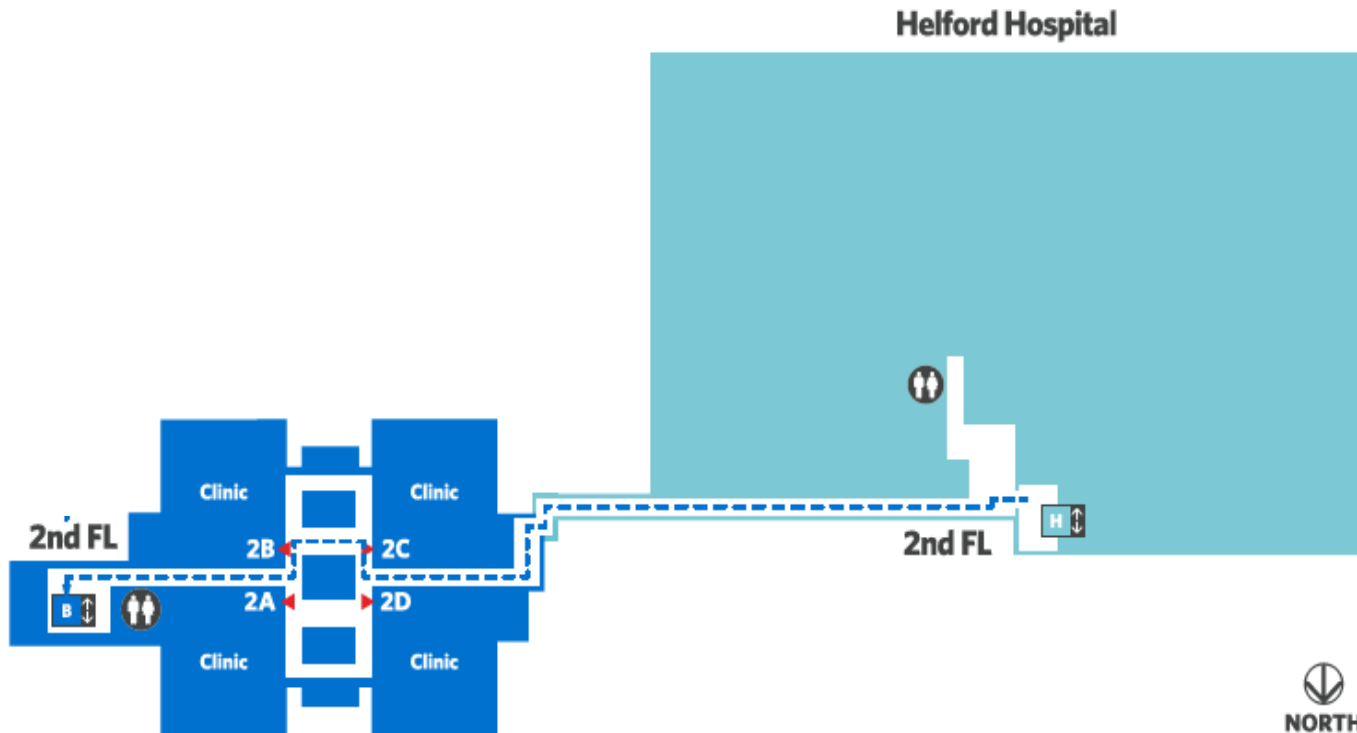
## First Floor

- Guest Services Desk
- New Patient Services
- Admitting
- Radiology (X-ray, CT, etc.)
- Meditation Center, Chapel
- Gift Shop



# Helford Hospital, Second Floor

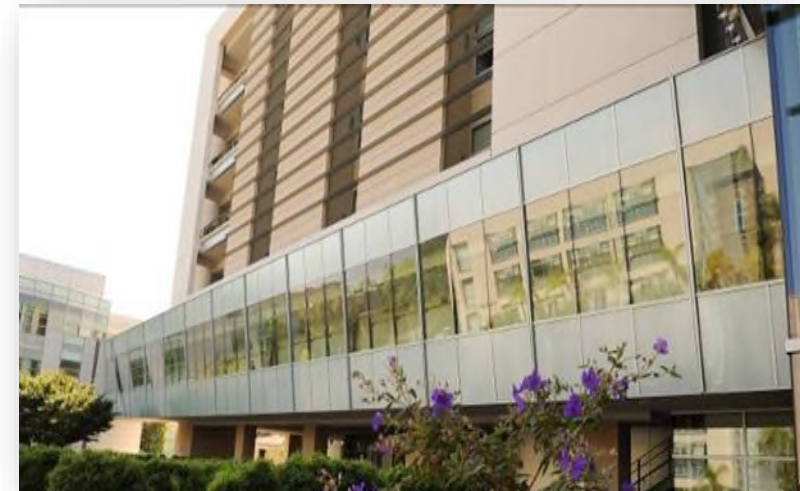
- State-of-the-art operating rooms
- Surgery waiting room
- Bridge to and from Brawerman Center (Outpatient)



  
**NORTH**  
January 2023



da Vinci robotic-assisted surgery



Bridge to/from Brawerman Center

# Helford Hospital: Third to Sixth Floors

**6th** — HTC | Stem Cell | Bone Marrow Transplants

**5th** — Hematology | Discharge Lounge

**4th** — Surgery | Medical Oncology

**3rd** — Pediatrics | Intensive Care Unit (ICU)



Sleeper chair in room for guest



## Section 4

# Services, Amenities and Resources



# Hope Village: the hotel at City of Hope



- Walking distance of Helford Clinical Research Hospital
- Complimentary tram to/from City of Hope Duarte facilities
- Complimentary breakfast buffet for all registered hotel guests from 6 to 9 a.m. daily.
- 147 rooms
- 1913 Restaurant and Bar



For more information, call 626-218-2380



NW corner of Duarte and Village roads





# RV Parking

## Entrance on Buena Vista



There are five reserved RV spaces with full hookups.  
Spaces are reserved on a first-come, first-served basis.



(626) 218-2380



# Healing Spaces: Gardens for Peace and Meditation



Sculpture Garden



Japanese Garden



Rose Garden





# Dining Options — Places to Eat



Visit [www.CityofHope.org/nourishing-hope](http://www.CityofHope.org/nourishing-hope)

## City Café

- Ben Horowitz Drive, south of Helford Hospital
- Monday through Friday, 7 a.m. to 8:30 p.m.
- Saturday and Sunday, 7 a.m. to 7 p.m.

## City Café Pantry

- Self Serve, online or mobile ordering

## Starbucks

- Brawerman Center, First Floor
- Monday through Friday, 6 a.m.–6 p.m.

## Beckman Café

- Beckman Research Institute of City of Hope
- Monday through Friday, 8 a.m. to 1:30 p.m.



ATM machines available

# Patient and Family Education Library

Patient and Family Education Library	⌵
What is an Advance Directive?	⌵
Anesthesia & Pre-Anesthesia Testing	
Drain Care	
Graft-versus-Host Disease	⌵
Understanding Chemotherapy	⌵
How to Take Care of Your Vascular Access Device (VAD)	
Instructions for Procedures and Treatments	
Home Care Instructions	
Side Effects and Symptom Management	
Nutrition	
Resources	

[CityofHope.org/patients/living-with-cancer](https://CityofHope.org/patients/living-with-cancer)



### Physical Concerns & Side Affects

Your care team is committed to helping you manage the physical concerns, side effects and symptoms that can occur during and after cancer treatment.



### Managing Your Emotions

At City of Hope, our integrated, interdisciplinary supportive care cancer programs are designed to provide emotional support to assist you and your family, no matter what stage you are in your cancer.



### Practical Concerns

Balancing your home, work or school life can be exceedingly difficult both during and after cancer treatment. There are actions you can take own to manage the impact on your routines and relationships.



### Wellness

Wellness takes into account your lifestyle as a whole, encompassing your mental, emotional



### Social Concerns & Relationships

Staying connected with your loved ones and



### For Caregivers

The first thing to understand, if you're a caregiver? That you're not alone.

**Before, During and After Treatment**

[CityofHope.org/patienteducation](https://CityofHope.org/patienteducation)



## Patient Education

Our team works with patients, families, physicians, nurses and many others at City of Hope to develop patient and family-centered, tailored and evidence-based patient education, instructions, information and resources to help prepare you for your treatments, procedures as well as the physical and emotional side-effects of cancer and its treatment.

# Support for Family Caregivers

## Caregivers Connect Virtually

- Biweekly group for caregivers
- Relax and learn stress-reduction techniques.
- **Connect** with other City of Hope caregivers.



Second and fourth Wednesdays  
from noon to 1:30 p.m.



Caregivers can now connect virtually to find other caregivers, share their stories, reduce stress and support each other.

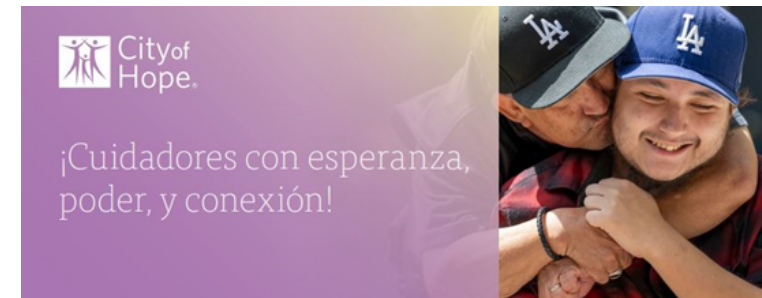
This is an open group for caregivers only. All caregivers of cancer patients are welcome. Facilitated by clinical social workers

Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month,  
Noon to 1:30 p.m.

**R.S.V.P. at [CityofHope.org/Caregivers](https://CityofHope.org/Caregivers)**

## Caregivers Connect in Español

- Relax and learn stress-reduction techniques.
- **Connect** with other City of Hope caregivers.



Si está ayudando a un familiar o amigo durante el tratamiento del cáncer, usted ha tomado el rol del cuidador del paciente. Como cuidador del paciente usted puede estar ayudando con las necesidades diarias como ir a las citas médicas, preparar comidas, y/o ser el encargado en comunicarle a otros familiares y amigos de los cambios de salud y vida de su ser querido. El apoyo emocional y espiritual que está dando también es parte de esta experiencia. Muchas veces los cuidadores dejan a un lado sus propias necesidades y sentimientos para enfocarse en ayudar y apoyar a su ser querido.

Asistir a un grupo de apoyo le ayudara usar las herramientas necesarias para sobrellevar la experiencia del cáncer como cuidador. Inscribise hoy al grupo de apoyo para cuidadores en City of Hope.

### DETALLES ACERCA DEL GRUPO DE APOYO:

- **Duración:** El grupo se reunirá por 8 sesiones. Nos reuniremos 2 veces al mes por 1 hora. Es importante que asista a cada reunión para que pueda beneficiarse de todos los temas.
- **Horario:** 12 p.m. a 1 p.m.
- **Lugar:** Centro Biller para pacientes y familias (Sheri & Les Biller Patient and Family Resource Center) ubicado en el campus principal de Duarte.
- **Fecha:** La primera reunión será el Lunes 9 de enero, 2023. Cuando asista la primera reunión, le daremos las fechas para todas las siguientes reuniones.
- Todas las reuniones serán en persona. No hay ningún costo para participar.

**R.S.V.P. by emailing [kkhalaf@coh.org](mailto:kkhalaf@coh.org) or call 626-218-1795**



# Caregivers Resource Centers

- Education classes
- Support groups and retreats
- State Disability Insurance help
- In-Home Supportive Services help
- Respite care



**Inland Caregiver Resource Center**

Helping families and communities cope with and manage the challenges of caregiving

**Riverside and San Bernardino**



**(800) 675-6694**



**[inlandcaregivers.com](http://inlandcaregivers.com)**



## Los Angeles Caregiver Resource Center



**(855) USC-6060**



**[fcscgero.org](http://fcscgero.org)**

# Wellness, Connection and Support

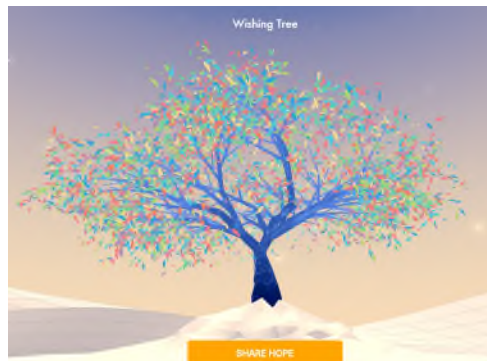


## Living Well

**Connect with other City of Hope patients, families and caregivers.**

- Discussion groups
- Sounding board
- Advice, wellness information and healthy recipes

[CityofHope.org/living-well](https://CityofHope.org/living-well)



- Pairs cancer fighters, survivors and caregivers to "Mentor Angels"
- Mentor angels have survived cancer.

[imermanangels.org](https://imermanangels.org)



**Save time with one update to family and friends.**

- Easy to create, free and private website
- Coordinate help from family and friends to offer you support when and how you need it.

[caringbridge.org](https://caringbridge.org)

# Thank you



1500 East Duarte Road, Duarte, CA 91010 | (800) 826-HOPE (4673)

[CityofHope.org](https://CityofHope.org) | [CityofHope.org/BillerPatientandFamilyCenter](https://CityofHope.org/BillerPatientandFamilyCenter) | [CityofHope.org/SupportiveCare](https://CityofHope.org/SupportiveCare)