

Supporting patients through education

Education supports wellness. At City of Hope, staff members empower patients and their caregivers to prevent disease, cope with treatment and communicate effectively with their medical team. Educational programs offered through the Sheri & Les Biller Patient and Family Resource Center bring understanding, comfort and practical tools for life to those facing illness.

Staff members offer orientation classes to help patients and their caregivers prepare for their medical journey at City of Hope, providing information on support programs, how to speak to their physician, how to take an active role in their care and other valuable tips. Patient navigators provide an ongoing link to interpreters, financial counselors and social workers. The Biller Patient and Family Resource Center also provides regular classes in English and Spanish on topics such as legal issues in cancer, problem-solving skills and nutrition during treatment.

People also learn from their peers. In addition to providing psychiatrists, psychologists, clinical social workers and chaplains who help with psychological, emotional and social issues, City of Hope enables patients to support each other. Support groups provide educational opportunities for those with lung,

gynecologic, breast, blood, head and neck, and other cancers.

The developing Hope Network peer support program, currently focused on breast cancer, connects cancer patients and caregivers with others who have gone through disease.

Special programs are available for kids, too. Child Life specialists are uniquely trained to teach pediatric, adolescent and young adult patients and children of adult cancer patients what to expect during treatment and how to process their feelings.

To ensure that City of Hope continues to create an exceptional healing environment, our Patient and Family Advisory Council provides feedback based on the experiences of individuals who have received care.

City of Hope educates the public as well. Outreach projects through the Center of Community Alliance for Research & Education emphasize healthy lifestyle choices and screenings to detect problems early, when they are most easily treated. Diabetes classes teach patients and families how to manage the disease and reduce the risk of complications. Outreach efforts to specific ethnic groups promote health in a culturally relevant way, and regular educational offerings to the public carry valuable health information into the community.

"I'm very grateful we went to City of Hope for my wife's treatment. We were able to take advantage of the various classes and support groups, meet some fantastic people and learn more about this wonderful place."

Larry Brauer, husband of City of Hope patient
Adrienne Brauer



Ask the Experts

The "Ask the Experts" community education series gives the public an opportunity to **hear firsthand from medical and scientific experts about the latest research findings** on cancer and diabetes, including tips on prevention and coping with treatment.

CCARE

City of Hope established the Center of Community Alliance for Research & Education (CCARE) to tackle inequalities in cancer outcomes. By increasing education, **CCARE seeks to improve the health of the underrepresented and underserved.**



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CENTER

