



HOPE Companion Program 2022

WHAT

The A Breath of Hope Lung Foundation (ABOH) HOPE Companion Program provides support for persons diagnosed with lung cancer and their caregivers as they navigate the path through diagnosis, treatment, and recovery. We will pair them with a peer (survivor/caregiver) of a similar experience so they can face lung cancer with someone who's been there. HOPE companion volunteers are cancer survivors and caregivers who are trained to support others as they confront the emotional, psychological, and practical uncertainties posed by a lung cancer diagnosis.

WHY

- Research shows that lung cancer patients have high levels of anxiety and depression compared to other cancer patients
- HOPE companions are trained and have experienced cancer, and can help survivors with feelings of depression, isolation, and anxiety by providing a friendly ear and encouragement
- Reduce isolation during the pandemic by providing peer-to-peer support to lung cancer patients and caregivers
- The service does not have to be limited to a geographical area with both physical and virtual visits offered
- HOPE companions show empathic peer-to-peer support by virtue of their own experience

HOW

- ABOH staff recruit HOPE peer-to-peer companions via ABOH communications and from other volunteer groups, support group attendees, donors, survivors, board members
- ABOH staff will work with trained professionals to provide the training, technology, experience, processes, and procedures to execute this program
- Provide meaningful and ongoing training for volunteers around empathy, HIPAA laws, communications best practices, etc.
- Use website application forms with Sterling background check services.
- All applications and meeting information is kept confidential

PROCESS FOR PARTICIPANTS AND PROSPECTIVE VOLUNTEERS

Process for program participants to receive a HOPE Companion

1. Program participants must complete the [ABOH Companion Participant Agreement and Waiver](#) (assistance from healthcare provider or caregiver as needed) prior to receiving services.
2. To assist in finding the best match, provide as much information as comfortable on the personal preference inquiry.
3. ABOH will be in contact with program participants within 3 working days.

Process to become a volunteer HOPE Companion

The ideal HOPE Companion is self-motivated and responsible, an attentive listener who is considerate and respectful of others. We require prospective volunteers to complete a professionally directed training program before undertaking their role. HOPE Companions function largely on their own, with minimal direct supervision.

A cancer survivor (not actively receiving treatment or one year past their diagnosis) or caregiver for a family member with cancer can apply to become a HOPE Companion. Volunteers provide support, they do not provide medical advice.

Steps to apply:

1. Call 952-456-2845 for an overview of responsibilities and program.
2. Complete a volunteer Support Volunteer Application – HOPE Companions
3. Complete background check
4. Participate in an interview(s) with ABOH staff (in-person or virtual platform)
5. Complete required training