



**“We stand by you
ask me to!”**

*Volunteering Program
for Chronic Diseases' Caregivers*

*Elisavet Georgiou Psychologist-
Psychotherapist*



The Program At A Glance

Initial Idea:

- The cancer patients', members of our psychological support group, being rehabilitated, can offer support to other patients as well sharing their experience

Main Goal:

- Orientation and support is offered to the caregivers of chronic diseases patients in practical issues as well as their emotional needs. A three months training of fifteen hours set the beginning, while supervision meetings will be held every fifteen days

Participants:

- Members and non-members of our association

Duration of Training:

- Ten weekly training meetings of half an hour

Supervising Team:

- It was created right after the second season for the support and the encouragement of volunteers that had completed their training and still had some incidents up and also to stimulate others

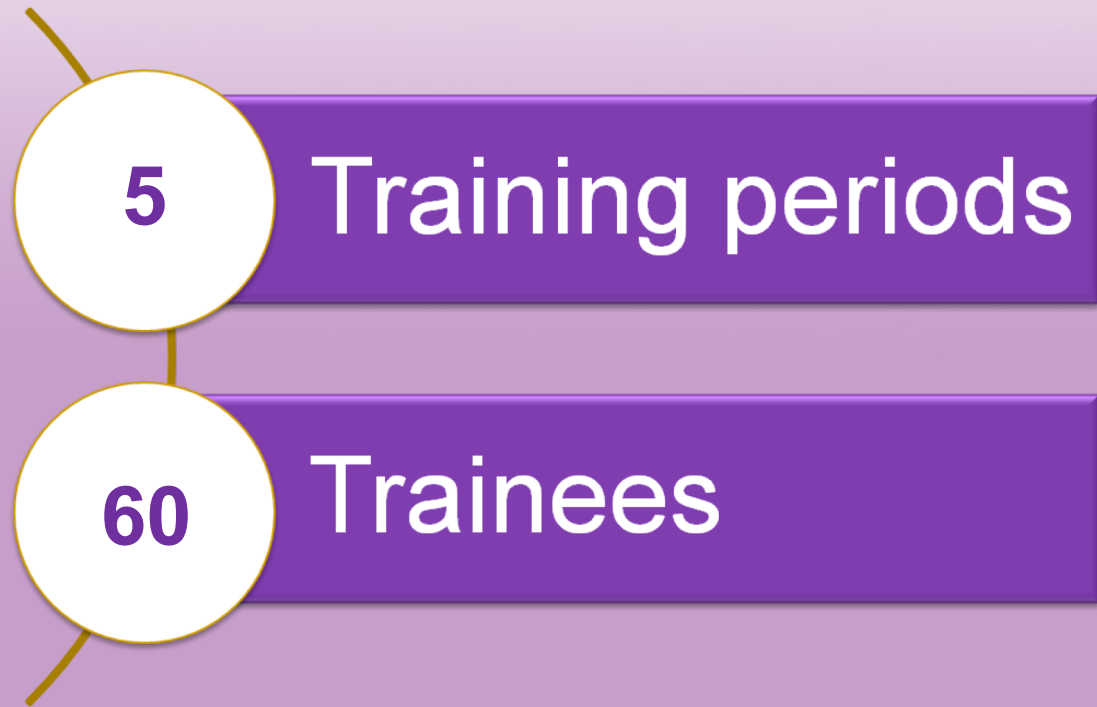
“We stand by you if you ask me to!”

Volunteers' Training Program – 4th team

Meetings: Every Saturday at 6:00-7:30 p.m.

<p>1st meeting 15/3 <i>Beginning-Introduction-Program Presentation</i> Elisavet Georgiou Psychologist</p>	<p>2nd meeting 22/3 <i>Breast Palpation</i> Christina Mparlia Midwife</p>	<p>3rd meeting 29/3 <i>Communication Practices</i> Elisavet Georgiou</p>	<p>4th meeting 12/4 <i>Ways of Taking Care of Patients</i> Maria Droulia Nurse Hospital of Argos</p>	<p>5th meeting 26/4 <i>Identification with the patient – the Big Trap</i> Elisavet Georgiou Psychologist</p>	<p>6th meeting 10/5 <i>Progress of Disease – Stereotypes-Patients' needs</i> Elisavet Georgiou Psychologist</p>
<p>7th meeting 17/5 <i>First aids</i> Maria Stamatopoulou Nurse Trainer Red Cross</p>	<p>8th meeting 24/5 <i>Emotional support-Final stage of patients</i> Elisavet Georgiou Psychologist</p>	<p>9th meeting 31/5 <i>Blood donation - Volunteering</i> Eleni Vasilakou Head of the Laboratory Department Hospital of Argos</p>	<p>10th meeting 7/6 <i>Cardiopulmonary resuscitation</i> Vasiliki Giannou, Nurse Hospital of Argos</p>	<p>11th meeting 14/6 <i>End of Training-Review</i> Elisavet Georgiou Psychologist</p>	<p>20/6 Graduation</p>

Results



Programs' Review

Achievements:

- Volunteers' satisfaction about the utility of the offered knowledge
- Associations' openness to other categories of patients
- Nascence of a voluntary team for the association

Ares for improvement :

- Publicity of program
- Training of the community to have volunteers as caregivers for chronic diseases patients' for vulnerable groups. There are stereotypes about volunteering.
- More interaction with other associations and the hospital

Our experience as the foundation for future actions:

- Organization of a new voluntary team
- Starting cooperation with the hospital and other associations of patients in order for a pain clinic to be created
- Planning of a chronic diseases patients' Event in next week (16/6/2018).
- Constant Training of our members