

# SUPPORT PROGRAMS *FOR CF PATIENTS AND FAMILIES*

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Meg Dvorak, LCSW  
Social Work Clinician  
Adult Cystic Fibrosis Program

# *CF Support Group for Adults and Caregivers*

*First Friday of every month, 11:30am-1pm*  
*Web Ex available for video or teleconference*

*Li Ka Shing Center for Learning and Knowledge*  
*291 Campus Drive, Stanford, CA. 94305*  
*See monthly e-mail for details on topic and room  
assignment*

See map on reverse side for details.

*Facilitated by Meg Dvorak, LCSW Adult CF social  
worker (650)518-9976 [mdvorak@stanformed.org](mailto:mdvorak@stanformed.org)*

# About the group

- Meets monthly on first Friday of the month (usually)
- 11:30am to 1pm
- Location LKS Center, room # varies
- E-mail distribution list provides specifics
- FB page and CF Center Website
- Focus on sharing of feelings, experiences, and thoughts related to living with CF
- Topics and discussion points introduced

# Caregiver support group

4<sup>th</sup> Tuesday of every month, 7-8:30pm

Sofia University (formerly Institute of Transpersonal Psychology)

1069 East Meadow Circle

Palo Alto, CA 94303

<http://www.sofia.edu>

(650)493-5006

**Facilitator: TBA**

**For Information Contact:** Diana Linn, MFT

650.493.4430 x400

# Pediatric support group

- Currently on hold due to lack of participation
- Group will hopefully restart in fall 2013
- Group challenges



# PEER TO PEER PROGRAM

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Established at Stanford Hospital and Clinics 2012

## **Mission Statement**

**Broaden healthcare for patients and families through the unique support and understanding of peer-to-peer mentoring, to foster happier, healthier lives and reduce isolation**

**Practiced widely in pediatrics**

**Non-hierarchical, reciprocal relationship**

**Real life, real time perspective**

**Unavailable through care team**

**“I walk in your shoes” — Genuine understanding  
and compassion**



## **Increased**

**Empowerment**

**Medication adherence**

**Communication**

**Life expectancy**

**Health status**

**Health outcomes**

## **Decreased**

**Depression**

**Isolation**

**Problematic health  
behaviors**

**Mortality and morbidity**

**Fear**

**Anxiety**

## **Helping, caring relationships**

- **Mutual to survival**
- **Possibly genetically coded**

## **People who volunteer regularly**

- **Better health outcomes**
- **Increased immunity**
- **Decreased stress**

## **Improved support network**

**+ link to larger human community**

## **Helper's High**

**Sudden warmth**

**Surge of energy**

**Euphoric feelings**

**Long-lasting feelings of  
increased self worth,  
calm and relaxation**