



Summary Measures & Outcomes Report

The Arizona Myeloma Network's "Cancer Caregivers Education Program™"

Issued: October 3, 2017

The CCEPT™ (Program) was held on Saturday, September 30, 2017 from 8:30 am – 11:30 am. **"Helping Cancer Caregivers in the Workplace"** was the hot topic.

The seminar was held at [Embassy Suites by Hilton Scottsdale Resort](#) and provided at no charge to the public.

In total 73 people registered and 57 people attended the Program and 29 returned a Level 2 evaluation.

The purpose of the Program is to provide cancer caregivers practical knowledge, skills and strategies necessary to effectively care for themselves as they care for a "cancer patient".

Collaborative support and commitment to Arizona Myeloma Network, AzMN is critical for cancer caregivers to thrive and achieve the best quality of cancer patient care possible.

True stories from seminar attendees:

I live in Tucson and drive to Phoenix often to be a caregiver to my daughter who cares for her mother-in-law who has stage 4 sarcoma. My daughter and her husband both work full time. The respite and telephone support I provide is critical to their health and marriage! I'm here to learn all I can to help them.

My son takes care of his 93-year-old great uncle who has skin cancer. I take care of my uncle whom has cancer and cares for his 91-year-old spouse! I am their caregiver and taxi and drive him to treatment four times a week; to the grocery store, doctor appointments, etc. There are other local relatives who do not offer any help at all. I need to learn how to get help from them.

These 57 attendees are now aware of: 1) The role of a family caregiver
2) Ways Family Caregivers Can Feel Empowered at Work 3) Health Tips for Working Family Caregivers.

As a result of increased communications, social media and outreach efforts a several hundred people were made aware of the Program. Program information was distributed to the public via several radio stations spots and two press releases.

How did the attendees hear about the event? The 57 attendees indicated that they heard about the event by AzMN email 25, other email 01 other 9, word of mouth 12, social media 0, Tv, radio, newspaper and flyers 04, Website 1 not marked 5.

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Learning objectives:

- *Strategies to feel empowered at work*
- *Explore the benefits the caregiver wants and needs from the employer*
- *Identify health tips for working caregivers*

A. Needs assessment rating:	Strongly Agree	Agree	Disagree	Strongly Disagree
The learning objectives were met	69%	31%		
The information presented was NEW and Useful	69%	24%	3%	
The information was fair, balanced and free from bias	83%	14%		
The session included opportunities to learn interactively from faculty/participants	93%	7%		
The program content was of high quality and relevant to me.	72%	24%		
I learned how to improve my physical and emotional well-being.	52%	38%	3%	
I would attend future Cancer Caregivers Educational Support Programs	72%	21%		
B. Rate each of the Instructors	Great!	Good	Poor	Missed It
Barbara Kavanagh, MSW	90%	7%	3%	
Suzanne Hyde, LCSW	90%	7%	3%	

A summary of the event and statistical data follows:

Participant demographics: Caregivers 39; Healthcare Professionals 6; Patient/Survivor 4; Staff 1 Speakers/Vendors 12; Volunteer 7 (please note that staff & volunteers are cancer caregivers too!)

Participant Evaluation Outcomes:

Attendees tell us what was most beneficial:

- Personal testimonials
- Services & Support
- Care for self as a caregiver
- Printed information – resources
- Empathy for caregivers
- Arizona Respite Care Program

Attendees tell us what was least beneficial:

- Agenda was too ambitious
- Introducing everyone – too much time wasted

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Suggested topics: How to handle emotions; How to handle incompetent staff/professionals; How to overcome road blocks; Time management tools; Legal; and How the community can help.

We asked attendees “How important is it for you to understand your (the Cancer Caregiver) rights as an Employee or Employer?”

The purpose of asking the question is to see if the topic is viable and relevant enough to invest in curriculum development. Responses follow and strongly suggest that the topic is worth the investment:

- Many in denial to help patients and caregivers.
- N/A - retired
- 13 responded with a simple “Very Important”

Call me now to sponsor the future seminars. The next seminar is on Saturday, December 2, 2017.

Thank you for your continued support.

Sincerely,

A handwritten signature in cursive script that reads 'Barbara B. Kavanagh'.

Barbara Kavanagh, M.S.W.

Founder & CEO, Arizona Myeloma Network

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