

# Community Action, Research, and Education (CARE) Program



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**Selected students are fully funded (approx. \$3,800) for 8 weeks of work**

# Community Action, Research, and Education (C.A.R.E.) Program

- **Community Action:** Serve as a surrogate family member responsible for *all* resident care needs (emotional support, feeding, medications, toileting etc.)
- **Research:** Conduct agency-driven project
- **Education:** Complete on-line curriculum



# C.A.R.E. Fellow Responsibilities

- Serve as a surrogate family member responsible for resident care needs (feeding, toileting, medications etc.)
- Offer emotional support
- Provide resident care narratives and document care decisions
- Complete on-line curriculum
- Conduct research project that benefits the home



# Homes for the Dying in the Capital District



Joan Nicole Prince Home, Scotia

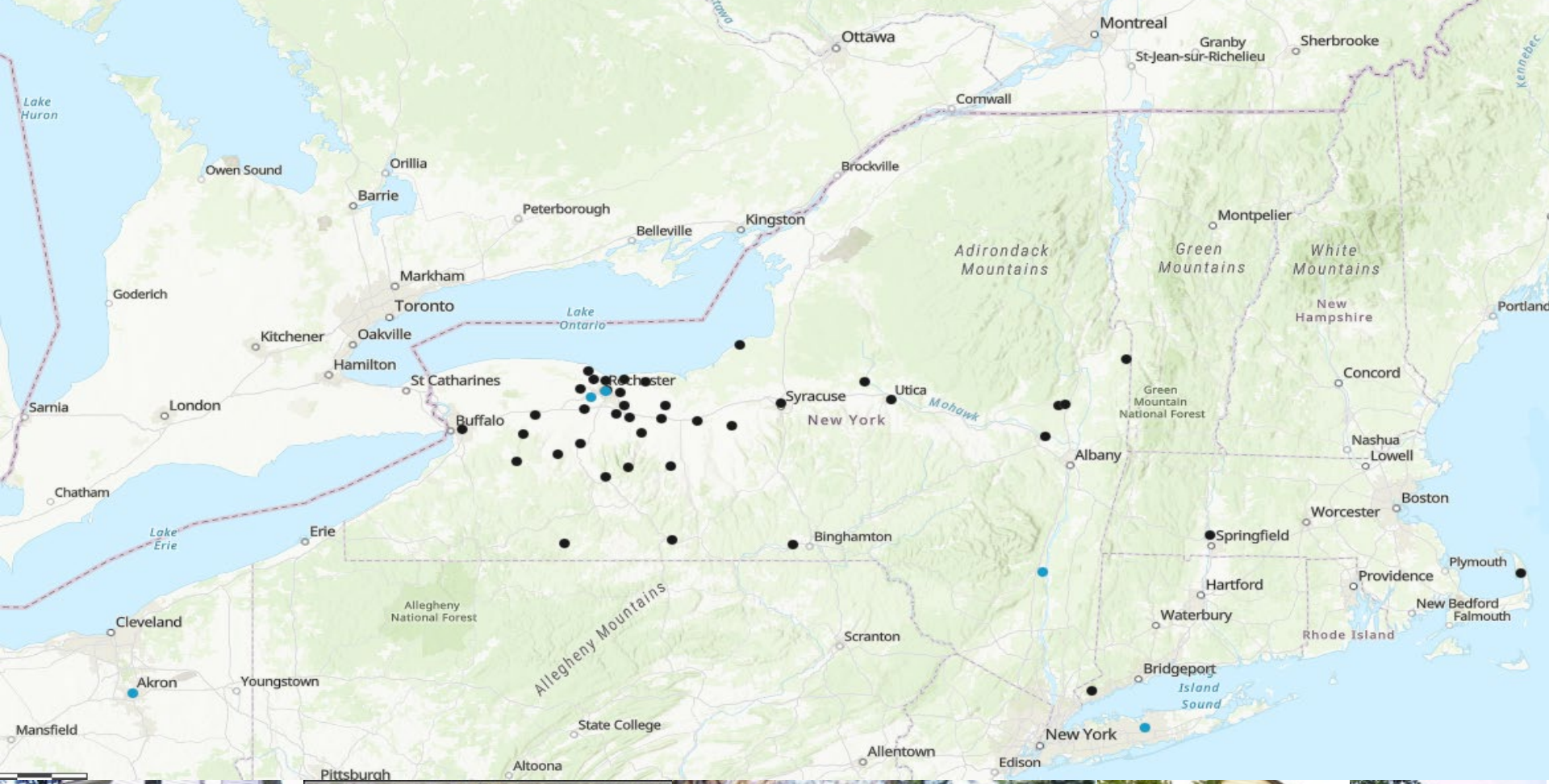


Mary's Haven, Saratoga



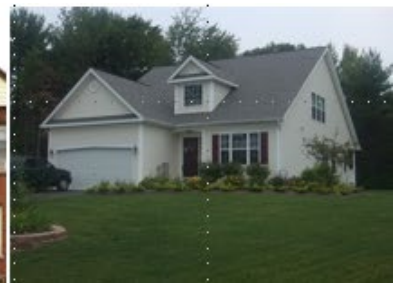
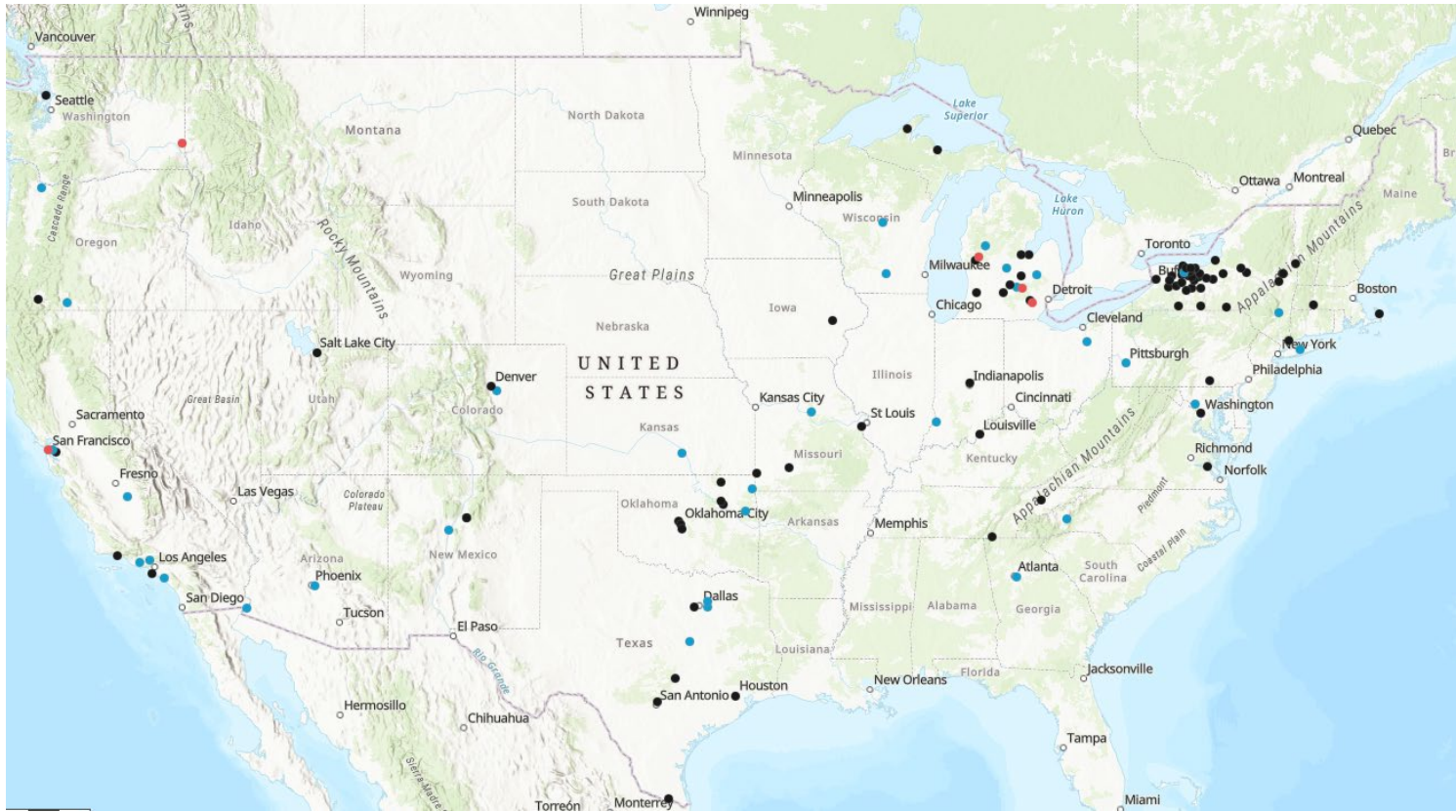
Gateway House of Peace, Ballston Spa

- A caring residence for terminally ill patients in need of a home during their final days
- 2 bedroom
- Prognosis < 3 months
- 24/7 care provided free of charge
- Residents must be enrolled in hospice
- Volunteers from the community (and CARE fellows) serve as caregivers



**40 Comfort Care Homes in New York State**

# Comfort Care Homes in the U.S.



Black=active home

Link to [MAP](#)

Blue=in development

# Requirements. All applicants must...

- Commit to the full (35 hrs/week) program from June 16th-August 8<sup>th</sup> that will include work daytime, night, evening, and weekend shifts that could begin as early as 6:50 am and end as late as 11:00 pm (schedule will vary week to week);
- Work as a member of a caregiver team providing support to residents, family members and friends visiting residents
- Conduct research that includes patient chart reviews and summaries of caregiver narratives;
- Arrange for room and board and transportation to and from your site (some assistance may be available for this).



# Digitally Driven Learning/Reflection

## C.A.R.E. Curriculum

My home > My courses > Miscellaneous > C.A.R.E. Curriculum

Turn editing on

### NAVIGATION

- My home
- Site home
- Site pages
- My profile
- Current course
  - C.A.R.E. Curriculum**
  - Participants
  - Badges
  - Course information
  - Unit 1: Preparing for the Journey of Care
  - Unit 2: Embracing the Journey of Care
  - Unit 3: Looking Back: Final Lessons
- My courses
- Courses

### ADMINISTRATION

- Course administration
  - Turn editing on
  - Edit settings
  - Course completion
  - Users
  - Filters
  - Reports
  - Grades
  - Badges
  - Backup
  - Restore
  - Import
  - Reset
  - Question bank
- Switch role to
- My profile settings



### Course Information

Forum: 2 Files: 2 Pages: 3

Progress: 1 / 7

### Unit 1: Preparing for the Journey of Care

This unit presents learning modules aimed at helping to prepare for the challenge of caring for people at the end of life. In addition to student narratives describing past caregiver experiences, the unit offers self-assessment surveys that prompt examination of one's psychological, social, spiritual, and cultural readiness for providing palliative care.

Page: 1 Quizzes: 0 Feedback: 1 Books: 4 Wikis: 4 Forum: 1 Questionnaire: 1

Progress: 14 / 21

### Unit 2: Embracing the Journey of Care

This unit presents learning modules aimed at understanding the burden of care and at developing caregiver skills including the ability to work as a member of a team, to communicate effectively with residents and loved ones, to understand techniques for managing symptom, and to identify approaches to care that can preserve dignity at the end of life.

Files: 12 Quizzes: 25 Forum: 5 URLs: 3 Questionnaire: 1

Progress: 41 / 65

### Unit 3: Looking Back: Final Lessons

This unit presents learning modules aimed at self-evaluation of palliative care skills and at prompting final reflections on lessons learned at the bedside.

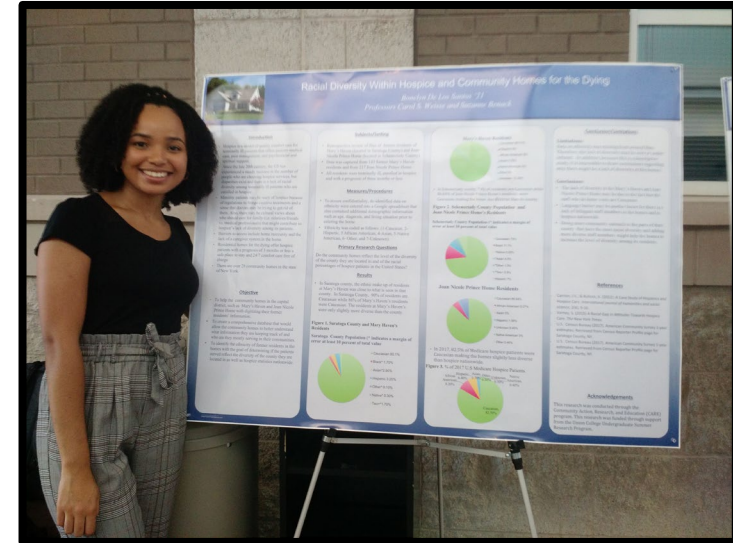
Quizzes: 4 URL: 1 Forum: 2 Questionnaire: 1 Feedback: 1

Progress: 6 / 9



# Research: Medical Records Review

- Archival research, chart review
- Retrospective
- Transcription of caregiver narratives to address an issue/question aimed at improving end-of-life care
- Create uniquely designed dataset for quantitative research (i.e. Tracking medication use)



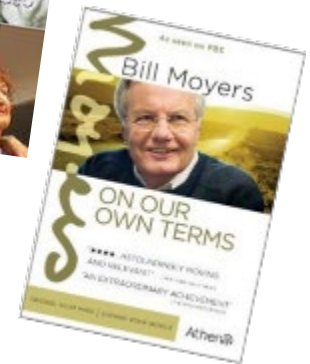
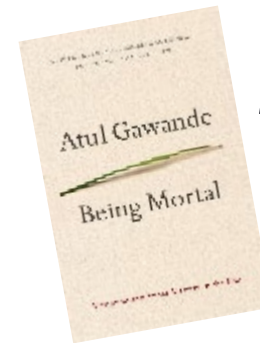
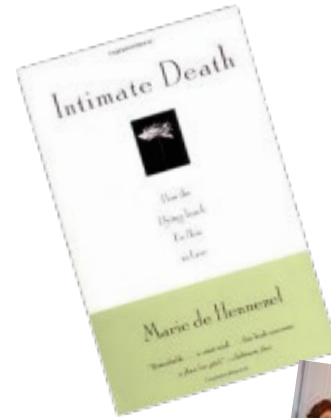
# C.A.R.E Curriculum

Ten self-directed learning modules with readings, links to videos, reflection exercises on the following:

- Psychosocial factors in end of life care
- Communication and cultural competency
- Symptom management
- Working as a member of a team
- Preserving dignity at end of life

Approximately 35 hours of assignments meant to be completed in conjunction with 200+ caregiver hours

Developed with support from the Bender Scientific Fund of the Community Foundation for the Greater Capital Region



# Benefits of participating in CARE

- 200+ hours of clinical experience (direct patient contact);
- Education and training in palliative care leading to “Certificate of Completion”;
- Opportunity to observe hospice care team members and resident care staff;
- Opportunity to conduct and present a community based research project; and
- Stipend (\$3,800 for 8 weeks) to replace earnings from summer employment and to be used toward room and board





*Our ultimate goal after all is not a good death but a good life to the very end.*

~Atul Gawande



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# Testimonies of previous CARE fellows





*When I first started the C.A.R.E fellowship I had no idea how much I would learn in just 8 weeks. I have acquired so many skills that will help me on my journey to becoming a physician, but more importantly, I have truly learned how to be a caring, respectful, and supportive person- values that will stay with me forever.*

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*I am learning how to both provide for patient's medical needs while treating them with respect, dignity, and compassion. I believe that this newly discovered ability will be invaluable to my future as a health care professional.*

# Identify/visit a home prior to applying

## Existing partners

- Joan Nicole Prince Home (Scotia, NY)
- Gateway House of Peace (Ballston Spa)
- Francis House (Syracuse, NY)
- Mary's Haven (Saratoga, NY)
- Abraham House (Utica/Rome, NY)
- Hospice House (Naples, NY)
- Advent House (Fairport, NY)
- Harmony House (Chicopee, MA)



SCAN to find a home that might host you as a CARE fellow this summer

**NOTE: Prior training and/or familiarity with a home will strengthen your application**



# Former CARE Fellows

- Jordan Whittier '25
- Delaney Babcock '25
- Meghan Seidberg '25
- Hannah Ingber '26
- Alex Roginski '26
- Samantha Rocco '27

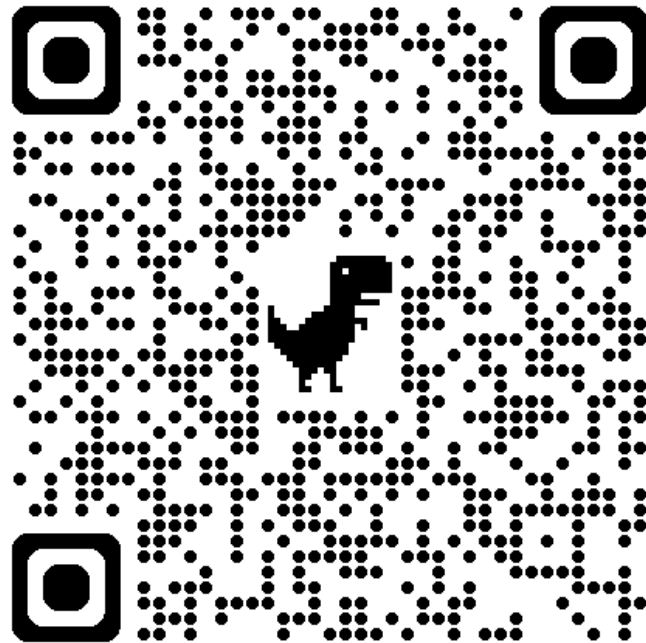


# How to apply:

- Speak to former CARE fellows and research one or more homes where you anticipate working so that you understand the work
- Inform me of your intent to apply via email at [weissec@union.edu](mailto:weissec@union.edu) and arrange a meeting [HERE](#) to discuss your proposal asap
- Use campus resources when preparing your resume and proposal: [Becker Career Center](#), [Library Research Services](#), [Writing Center](#).
- Draft research proposal that includes at least 5 publications on end-of-life care and residential care homes/home hospice
- **Application Deadline: Thursday, Feb 6th, 2025.**
- [Apply Here](#)

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# Questions?



Access this slideshow

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