

Nav-CARE volunteers can help:

Relieve your feelings of loneliness, isolation and anxiety.

Be someone to talk through important decisions and future plans.

Be a connection to community and the world at large.

Locate local services and resources to help manage your illness.

Assist you to re-engage in hobbies and other interests.

Provide one on one relationships tailored to your specific needs.

Study Information

Nav-CARE – Volunteer Navigation Partnerships: A Compassionate Community Approach to Care.

To learn more about this research study contact:

Dr. Barb Pesut
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1-855-807-8263

Dr Wendy Duggleby
wendy.duggleby@ualberta.ca
780-492-8660

Nav-CARE

Making Connections. Making a Difference



Connect with a Nav-CARE volunteer in your community by contacting:
Grande Prairie Palliative Care Society
780-897-0066
navigator@gpcare.ca
www.gpcare.ca



“...we talked about what I felt I needed to talk about. The visit fits my needs each time...”

-Nav-CARE participant



“You know someone’s coming by, checking up on you, giving you a sense of community... it’s nice to know that there’s somebody there who can help you out when you need it.”

-Nav-CARE participant



About Nav-CARE

Nav-CARE’s specially-trained volunteers help improve the lives of people living with serious illness by creating connections to community services and resources and providing caring, consistent emotional support.

Our approach is evidence-based and built on research led by Dr Barb Pesut, Canada Research Chair in Health, Ethics & Diversity at UBC and Dr Wendy Duggleby, Research Chair in Aging & Quality of Life, at the University of Alberta.

Nav-Care Making Connections, Making a Difference

If you are living with an illness that isolates and overwhelms you at times, you aren’t alone.

According to a recent survey*, **one in five seniors** say they experience **emotional distress** and have **difficulty coping** day to day. Many feel they aren’t getting the support they need to live happier, more fulfilling lives.

Nav-CARE is a new, free program designed to address these needs. Specially trained volunteers, with connections to professional health care providers, work with you to access resources and services in your community while providing companionship and emotional support. Like a helpful neighbor or friend, Nav-CARE volunteers visit you in your home on a regular basis with a focus on enhancing your quality of life.