

" Quality of life is the gold standard in palliative care."

Francis Mueller, MD Calistoga, CA

Project Overview

Through the Journey Project, the Community Network builds upon more than two decades of work advocating for quality, affordable community-based long-term care. Educational programming, strategic planning services, and publications offered draw upon a variety of perspectives representing the personal and professional experiences of those involved.

The basic premise of the Journey Project is that wellness through the ending of life requires: good planning; timely access to relevant information; and appropriate support and care focused on the whole person - mind, body and spirit.

Palliative (Comfort) Care minimizes suffering and maximize quality of life for people living with life-limiting illness or frailty.

*Susan Keller, M.A., M.L.I.S.
Journey Project Director*

Consumer Education and Advocacy

Educational programs and advocacy work include promotion of palliative (comfort) care and community-based long-term care as equal-opportunity choices. The Latino Caregiver Outreach & Training Program serves the Latino community and remains an ongoing

top funding priority given community need & support.

Professional Programs

Course work offered is accredited by the CA Board of Nursing, Board of Behavioral Sciences, Community Care Licensing, and the Nursing Home Administrators Program. Program participants include licensed professionals, hospitals, educational institutions and professional associations. CMEs and EMS CEs may be available.

Programs include orientation to palliative care, values-based advance health care planning; and community-based long term care. We share state-of-the-art research, information about emerging models, and personal stories - all tailored audience specific. Journey Project personnel routinely provide staff training and program development assistance to organizations dedicated to improving quality of care and life through life's end.

Research , Publishing and Media

Journey Project publications include Journey to Life's End: A Traveler's Guide and Home Funeral: A Natural Choice. Audio/video tapes and DVD's of workshop programs may be available. (titles and price list available on request). Workshops are provided on a sliding scale fee-for-service basis.

The Journey Project Resource Center includes historic and state-of-the-art materials focused on issues, resources, models and legislation. It is accessible by appointment. We are located in the Environmental Center of Sonoma County, 55A

Ridgeway, Ave., Santa Rosa, CA (578-0595). The Community Network is an EC founding member.

Clientele Served (Partial Listing)

- In Home Support Services Public Authority
- Kaiser Permanente Santa Rosa Medical Center
- Partnership HealthPlan of California
- Friends House ► Sutter Senior Health Center
- Santa Rosa Family Medicine Residency
- WI Hospice & Palliative Care Experts (HOPE)

Funders & Sponsors (Partial Listing)

- ◆ The California Endowment
- ◆ California HealthCare Foundation
- ◆ Coalition for Compassionate Care of CA
- ◆ Last Acts Rallying Points Program, Robert Wood Johnson Foundation
- ◆ Marco A. Vidal Fund
- ◆ Pacific Foundation for Medical Care
- ◆ Petaluma Valley Hospital
- ◆ Schulz Donor Advised Fund, Community Foundation Sonoma County
- ◆ St Joseph Health System-Sonoma County

Professionals utilizing Journey Project services echo these comments time and again.

"This project does wonderful work. The greater world needs to know about it!" ~~ "Very provocative, uplifting. Exceptionally well done!" ~~ " Reaffirmed our mission to help people die with dignity and support." ~~ "Made me more aware of the need to do my own end of life care planning." ~~"Gave me the language, skill & techniques needed to facilitate advance care planning."

Journey Project Senior Advisor

Sampling of Testimonials

"The Journey presentation was one of the best organized lectures I ever heard on any subject."

Will Alexander, PhD

"Susan Keller's presentation was excellent, her materials helpful and her ability as a speaker appreciated. She deals with a difficult topic in a most interesting way."

Alisha Myers, Senior Class Coordinator
Santa Rosa Memorial Hospital

"This information would be beneficial to much of the population from seniors to healthcare providers."

Marilyn Townsend, Volunteer Coordinator
Phoenix Hospice

"The Journey Project truly has made a difference in the daily lives of residents involved with this work including those with early stages dementia."

Aileen Litchfield, RN, Former Administrator
Chancellor Place Assisted Living Residence

"Tops! I so wish this excellent guide had been available at the time of my mother's demise. Families facing the death of a loved one need this guidance and invaluable checklists and forms!"

Nancy Walker,
Retired Teacher and Professional Caregiver

" There is much valuable advice here . . .a valuable addition to medical, nursing schools, and hospital libraries. . ."

Dr. Paul Fremont-Smith, Physician-in-Chief Emeritus,

The Community Network for Appropriate Technologies

The Community Network is a non-profit, tax-exempt educational and charitable organization governed by a volunteer Board of Directors. The Community Network exists to support and develop information services, programs and networking activities which foster cooperation, social responsibility, community self-reliance and appropriate use of technologies.

Susan Keller, M.A., M.L.I.S., is Executive Director/ Principal Planner for the Community Network. As Journey Project Director she facilitates work of the Latino Program Development Team, Sonoma County Coalition for Compassionate Care, and Sonoma County POLST Education Program. She serves on the Kaiser Santa Rosa Medical Center Ethics Committee, the California POLST Task Force, the Coalition for Compassionate Care of CA, and Health Action Primary Care Workgroup.

Journey to Life's End: A Traveler's Guide ©1996 is available prepaid by mail for \$20. It is available on loan via the Sonoma County Library System.

For More Information, Please Contact:

The Community Network

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707-539-2364

Wellness through life's end

The Journey Project



A Program of
The Community Network for
Appropriate Technologies
Sonoma County, California

www.CaringCommunity.org

~ Serving the Redwood Empire since 1978 ~