

WHAT IS NAV-CARE?

Like a supportive neighbor or friend, Nav-Care volunteers visit regularly, focusing on enhancing your quality of life and promoting healthy aging.

Nav-Care's trained volunteers enhance the lives of those living with illness by providing emotional support and connecting them to essential community services and resources.

WHO WE ARE

The Mountain View Hospice Society is a group of community members who support the availability of quality Palliative Care in Mountain View County and beyond



Mountain View Hospice Society

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Connecting - Accessing - Resourcing - Engaging

NAV-CARE



Mountain View Hospice Society



IMPORTANCE OF NAV-CARE

NAVIGATING-CONNECTING-
ACCESSING-RESOURCING-ENGAGING

Individuals with chronic or terminal illnesses often face unmet needs and poor quality of life, unaware of available resources and services.

Trained navigators provide essential support, education, advance care planning, and connections to community resources.

Using a person-centered approach, they ensure individuals receive personalized care tailored to their unique circumstances.

This inclusive model improves access to services, reduces barriers, and enhances overall well-being.

IS NAV-CARE FOR ME?

Are you experiencing one or more of following?

- Chronic or terminal illness
- Difficulty in finding or accessing information or resources
- Loneliness and social isolation
- Loss
- Early onset dementia
- Increased disengagement with hobbies or activities
- Coping with transitions and multiple decisions
- Older adult

Exclusions

- Late stage dementia
- Complicated mental health issues
- Addictions

NAVIGATORS CAN HELP

- Relieve feelings of loneliness, isolation and anxiety
- Someone to talk through important decisions and future plans
- Connection to community and the world at large
- Locating local services and resources to help manage your illness
- Assist to re-engage in hobbies and other interests
- One-on-one relationships tailored to your specific needs

WHAT IS NAVIGATION?

Navigation involves collaborating with families and communities to identify and secure the most suitable support for older adults.

It focuses on improving access to essential services and resources, while promoting quality of life, healthy aging, and meaningful community connections.

This approach emphasizes a palliative framework to meet individual needs effectively.

