

SEGO BUDDIES PROGRAM

Guidelines For Participants

Opportunities, Risks, and Boundaries

Opportunities:

- You will help another patient, and yourself, feel less alone.
- Fears and anxieties can be reduced in each of you.
- You can talk about your disease and treatment openly.
- You may gain useful ideas about handling side effects of treatment.
- Offering something of great value – support and encouragement – may give your life more meaning.
- This new friendship will enrich your life.

Risks:

- Your Buddy's medical situation may increase your own fears and anxieties.
- If you like each other, you will become more vulnerable emotionally.
- Energy that you wanted for yourself may be given to your Buddy instead.
- Your Buddy's spiritual beliefs may challenge your own.
- Just when you have less support to offer, your Buddy's needs may increase.
- Your Buddy may experience a recurrence of disease – or may pass away.

Boundaries:

- Know what your energy limits are – don't give till you drop!
- Remember that their disease, treatment, and medical response will not be the same as yours – even with the same diagnosis.
- Encourage your Buddy to keep their medical team up-to-date – especially if they talk about changing their treatment plan or medication schedule.
- Please do not tell your Buddy what they should do medically.
- Maintain confidentiality. Keep information about your Buddy private.
- Remember to respect your Buddy's spiritual beliefs and lifestyle.

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