



**The Wellness Community – SE Michigan**  
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**Project Description: FOCUS for Cancer Caregivers**

**Evidenced -Based Solution & Project Description:** The Wellness Community – Southeast Michigan in conjunction with The Wellness Community and Gilda’s Club Headquarters will work with Dr. Laurel Northouse, PhD, RN, RAAN to translate her FOCUS Intervention for cancer patients and caregivers into their community setting in Ann Arbor, Michigan. The FOCUS intervention components are **F**amily Involvement, **O**ptimistic Attitude, **C**oping Effectiveness, **U**ncertainty Reduction, and **S**ymptom Management. Dr. Northouse, Mary Lou Willard French Professor of Nursing at the University of Michigan, will provide technical assistance and staff training for the project.

**Community Based Organization:** Founded in 1982, The Wellness Community is an international non-profit organization dedicated to providing support, education and hope to people with cancer and their loved ones. The Wellness Community – Southeast Michigan was founded in 2005, and is the only resource in the region providing comprehensive psycho-social supports to cancer survivors and their caregivers.

**Target Population:** Cancer patients and their caregivers in the Ann Arbor, Michigan community will be targeted to receive the intervention. Approximately 20 – 30 families will receive the FOCUS intervention in the first year of the project. Year one outcomes will primarily focus on issues of implementation and ensuring fidelity. This will include translating all of the protocol forms and materials used in the original model, training staff, establishing a process for regular and ongoing supervision and monitoring. Expected outcomes for the caregivers participating in the project are psychosocial benefits and caregivers viewing their caregiving less negatively. The success of the FOCUS implementation within Southeast Michigan will pave the way for a national implementation effort.