

Peer Navigation-Mentoring

Department: Counseling and Recreation

Priority: Non-regular class

Overall purpose of class:

This class is a joint effort between the Center and the Dominican Hospital Rehabilitation Program. It's purpose is to help new rehabilitation patients who have just suffered a stroke or who are experiencing new symptoms of a long-term debilitating disease. These are individuals who are just coming to the realization that they have a life-altering disability. Center students are trained to provide peer support helping to cushion the new realization by modeling a productive lifestyle.

Number of classes held per week:

The class is held once a week at the hospital.

Optimum class time:

Peer navigators meet their matched patient at the hospital for lunch and discussion. Then they join the patient for 1 hour of physical therapy

Instructor requirements:

Center counselor and hospital support team.

Number of students:

Currently 4 per semester.

Student ability range and limitations:

These are confident, personable students who have met or exceeded typical rehabilitation expectations.

Space and Equipment requirements:

Cooperative and motivated hospital team and their setting.

Student Needs to be met from the perspective of the instructor:

This class meets the needs of those students who are seeking to expand their horizons, meet a new challenge and increase their level of personal fulfillment through service to others.