



# EU Navigate training prepares navigators in European countries to support older persons with cancer living at home

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## Background

- Navigation** helps persons get connected to resources they may not know about or have difficulty accessing.
- Nav-CARE**, a navigation program in Canada, has illustrated that navigators can have a positive impact on the well-being of older persons living at home with chronic illness (<https://nav-care.ca>).
- EU Navigate** is a European adaptation of this navigation program, in which both volunteer and professional navigators support persons of older age (>70) who have cancer.



## Aim

To explore motivations for becoming an EU navigator and to evaluate the level of preparedness navigators experience after having participated in an EU Navigate training.

## Methods

After completion of training, navigators filled in a survey about motivations for becoming navigators and preparedness for the role of navigator. Descriptive statistics were conducted.



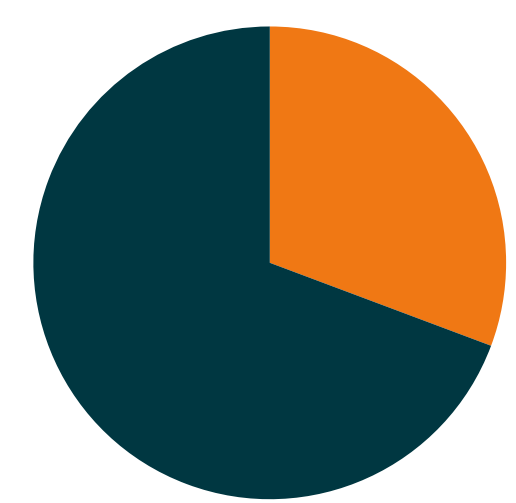
## Results

### Demographics

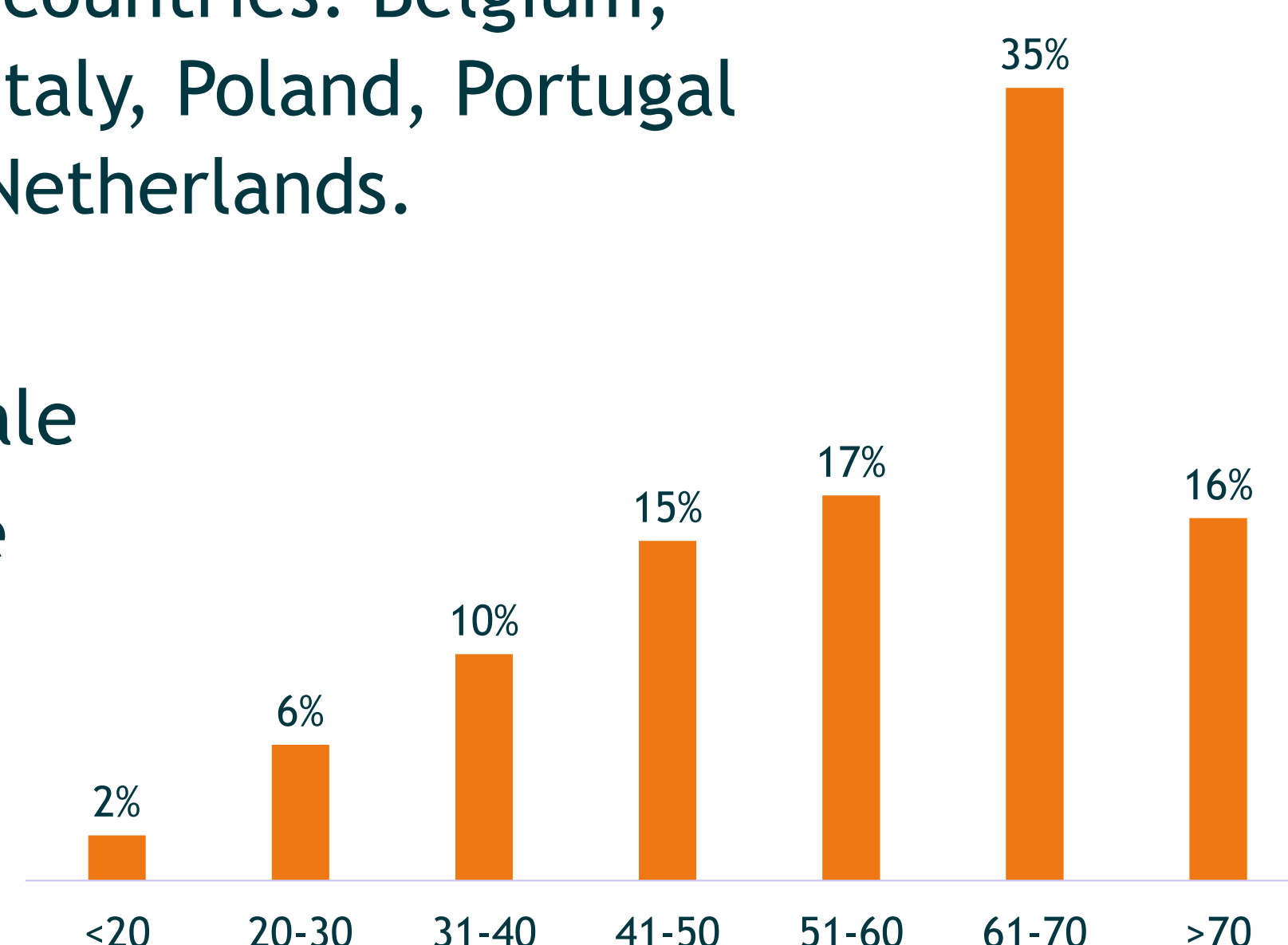


N = 126

From six countries: Belgium, Ireland, Italy, Poland, Portugal and the Netherlands.



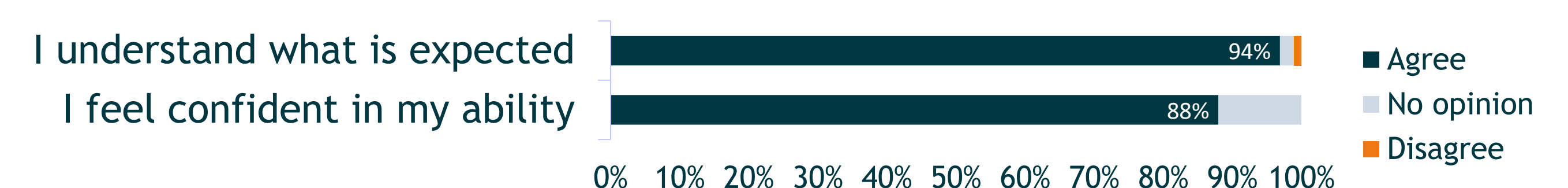
Age of navigators



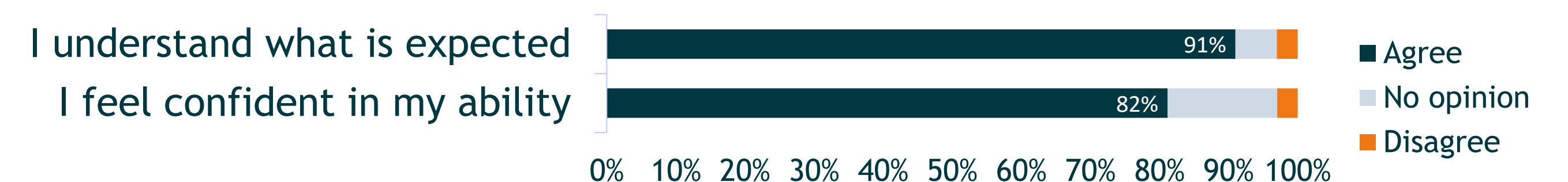
### Navigator understanding and confidence across competencies

Navigators were trained across 5 competencies. For each competency, they were asked about whether they understood what was expected of them, and how confident they felt in their ability to perform the competency.

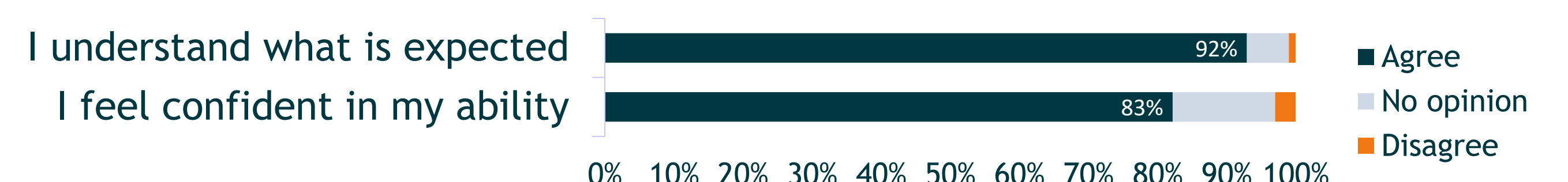
#### Addressing quality of life concerns



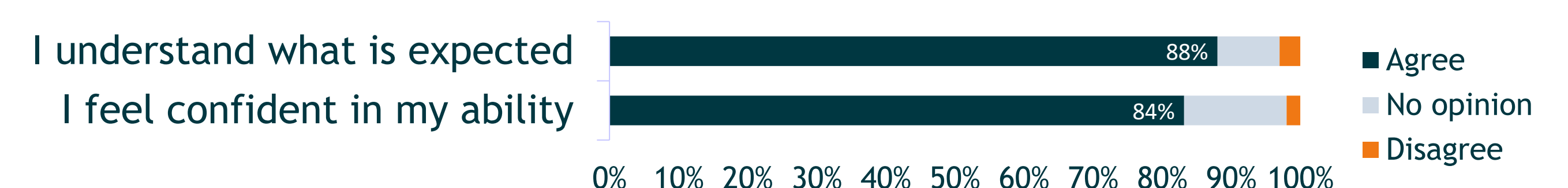
#### Advocating for clients and families



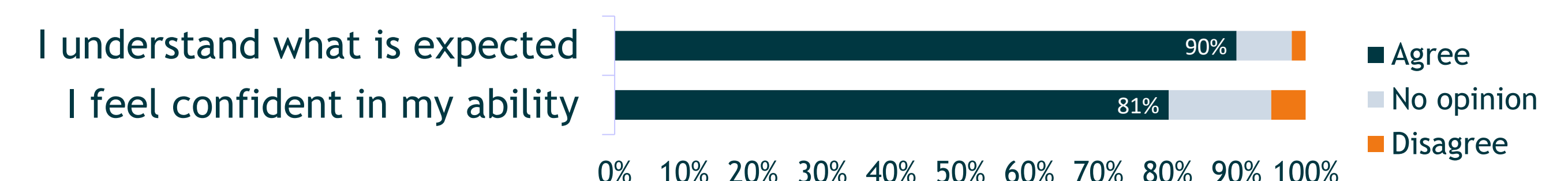
#### Facilitating community connections



#### Promoting active engagement



#### Supporting using technology

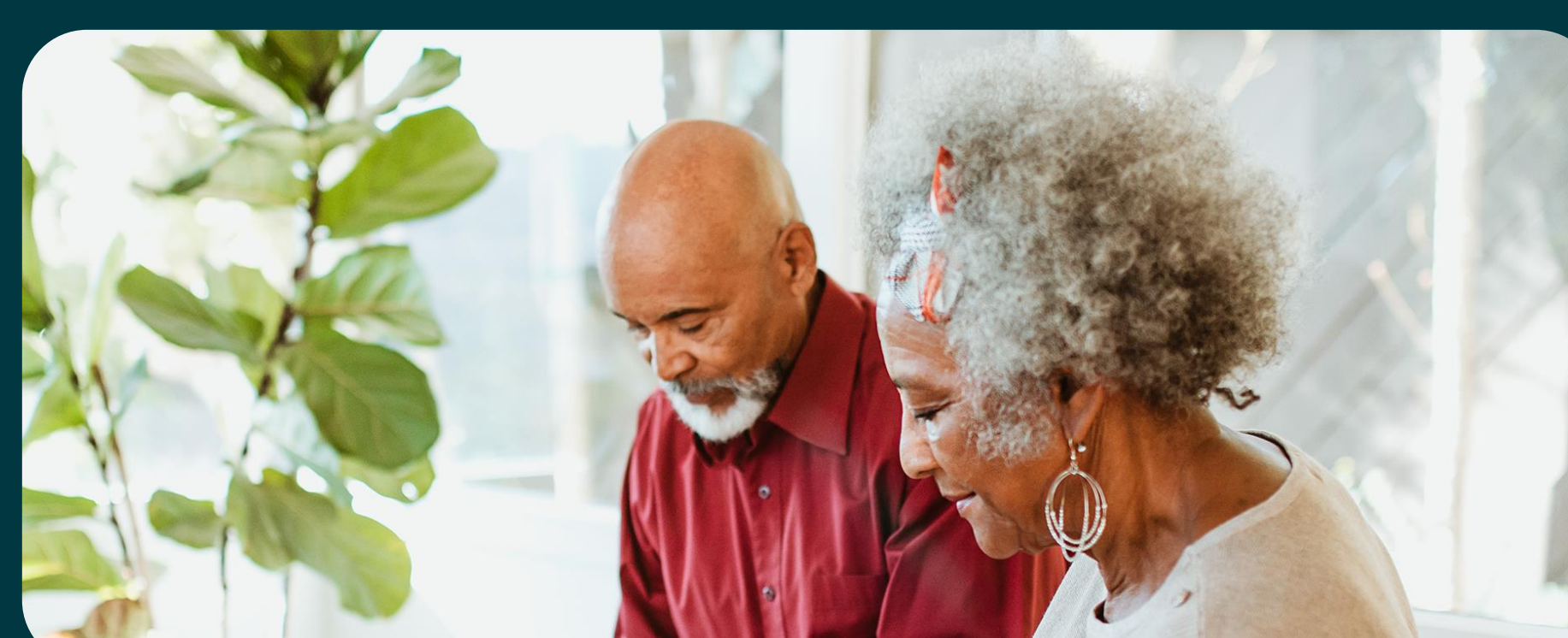


### Key motivations for becoming a navigator

- 73% felt a duty to help or to use their time for something useful and worthwhile
- 23% were motivated by the prospect of personal and/or professional development
- 17% wanted to do something new and/or to challenge themselves
- 17% joined because of a personal health related experience
- 17% found the research interesting or important to contribute to

## Conclusions

People who have participated in the adapted EU Navigate trainings feel prepared to start working as a navigator. The navigators' confidence in their role serves as a favorable foundation from which to start navigation.



Check out the EU Navigate website:



<http://eunavigate.com>