



## { SCOTT HAMILTON }

Scott Hamilton has dedicated his life to promoting cancer research and awareness in order to create a cancer-free world. When diagnosed with testicular cancer in 1997, Olympic figure skating champion Scott Hamilton identified three “angels” who helped him. His oncology physician was his first angel, his oncology nurse was his second angel and his family and friends were his third. What he found missing, however, was a fourth angel — someone who had gone through the same experience and who understood what he was feeling. Someone, in short, who had “been there.”

After defeating his illness, Scott dedicated his life to promoting cancer research and awareness and to enlisting the help of a host of “angels” to support and comfort patients facing their own battle with cancer. To that end, he launched The Scott Hamilton CARES Initiative and its first survivorship program — the 4th Angel Mentoring Program. His host of “angels” continues to grow, successfully supporting and comforting patients facing their own battle with cancer. This pamphlet will give you details about 4th Angel and how you can become a part of this tremendous gift.



### **How does the Program work?**

Anyone caring for someone with cancer is eligible to be matched with a mentor. When a caregiver requests a mentor, the program staff facilitates a match with respect to diagnosis, gender and age. The program director makes the “match” and then contacts the trained 4th Angel mentor. The mentor makes the initial contact with the caregiver to offer one-on-one support over the phone or via e-mail. The program pairs you with a mentor who provides support and answers to the “what ifs.”

### **How to get a Caregiver Mentor**

All you have to do is ask. Your 4th Angel Caregiver Mentor, paired as closely as possible with respect to diagnosis, gender and age, understands what you are going through because he or she has traveled that same road. As your mentor and guide, your 4th Angel will share healthful and positive strategies learned from his or her own experience — strategies that can help you cope.

### **How to become a Caregiver Mentor**

“I want to be an angel.”

Not all angels have wings and halos and play harps. Some angels are people just like you who had their world turned upside down by caring for a loved one with cancer and now want to share their knowledge with someone who is about to go through the same thing. 4th Angels are empathetic cancer patient caregivers with firsthand answers to all the hard-to-ask questions. They are positive, supportive and able to give of their time and life experience to help put a new caregiver at ease. If this describes you and piques a genuine interest in becoming a 4th Angel, we would love to hear from you.

**Contact 4th Angel at  
216-445-8734 or 800-440-4140 ext. 58734  
or visit [www.scottcares.com](http://www.scottcares.com)**

What is a 4th Angel Caregiver Mentor?

Cancer is scary. Becoming a caregiver to someone with cancer can be even scarier. There are doctors and nurses to answer questions and carry out treatment, but at the end of the day, you become responsible for their day to day life, and that can seem overwhelming. That's why the 4th Angel Caregiver Mentor Program was created. It pairs you with a person, very much like yourself, who currently or at one time was a caregiver to someone with cancer.

#### 4th Angel Patient Mentor Program

4th Angel doesn't just mentor patient caregivers, we also mentor patients. If you are a cancer patient, or know of one who would like to receive their own 4th Angel, you can contact us at the number or website available on the inside of this brochure.



The Scott Hamilton CARES Initiative

[www.scottcares.org](http://www.scottcares.org) • 216.445.8734 • [4thangel@ccf.org](mailto:4thangel@ccf.org)

Funding provided by The Amgen Foundation

**AMGEN**

# Caregiver Mentor Program

## Caregiver to Caregiver

One-on-one support. A free service for cancer caregivers.  
A unique program for caregivers.

[www.scottcares.org](http://www.scottcares.org)

