Caring for a parent with a blood cancer

The HOPE model of evaluating online health information

Honest and trustworthy
Objective
Practical
Expertise

Communicating with others about online health information
1. Let them know you've read their message
2. Reflect and describe their thoughts
3. Ask their opinion about the quality of information
4. Outline the next steps for confirming whether the information they shared with you is high quality

Communicating with doctors about online health information
1. State your reason for reading online health information
2. Describe the steps you have taken to ensure you are choosing credible information
3. Acknowledge the doctor’s expertise
4. Express appreciation for the doctor’s partnership and willingness to listen
**PACES approach for communicating with doctors**

- Present information
- Ask questions
- Check understanding
- Express concerns
- State preferences

**TIES approach to practicing open and supportive family communication**

- Take the lead
- Initiate the conversation
- Explain the importance of the conversation
- Sustain supportive and open communication in the moment and with ongoing conversations

**4 Skills for supporting your parent in communicating with their doctor**

1. Introduce yourself at the beginning of the visit
2. Ask permission from your parent to share information or ask questions
3. Check with your parent to make sure what you say is correct
4. Encourage your parent to use good communication skills

**Skills for communicating openness and support with family**

1. Be direct and express your caregiving needs
2. Address the benefits to discussing the issue
3. Listen and validate your loved one’s feelings
4. Show love and concern