Peer Navigator Program
Peer Support for Patients with Chronic Conditions

MaineGeneral Prevention Center

Vicki Foster, Navigator Training Health Educator
Sue Pelletier, Volunteer Peer Navigator
Evidence-based Programs

Living Well
FOR BETTER HEALTH
A program of Healthy Choices for ME!

Living Well
with Diabetes

MEDSmart
Medication Education for Drug Safety

“Move More”
www.movemore.org

Prevention Center (207) 872-4102
Chronic Disease Self-Management Model

Peer Navigators
Support & Community Resources

Health System
Organization of Health Care

Ongoing Encouragement & Problem Solving

Informed, Educated Patient

Tailored Medical Care

Self-Management
Quality of Life & Clinical Status
Peer Support Studies

“I Help You, and You Help Me”
Facilitated Telephone Peer Support Among Patients With Diabetes
(Heisler, Piette)

The Benefits of Peer Support With Diabetes
(MacPherson, Joseph, Sullivan, 2004)

Peer Coaching: An Intervention for Individuals Struggling With Diabetes
(Joseph, Griffin, Hall, Sullivan, 2001)
How a Peer Navigator Can Help
Who Are Peer Navigators
Sue Pelletier, Volunteer Peer Navigator
Benefits of volunteering

• increased self-esteem
• improved quality of life
• less depression

www.peersforprogress.org
Peer Navigator Program
A Project of Advancing Payment Reform in Maine funded by Maine Health Access Foundation

Questions?

Vicki Foster, Navigator Training Health Educator
(207) 861-5209
Vicki.foster@mainegeneral.org

Prevention Center
8:00 a.m. – 4:00 p.m., Monday - Friday
(207) 872-4102
Heisler, M., Piette, J.D., “I Help You, and You Help Me” Facilitated Telephone Peer Support Among Patients With Diabetes, From the Veterans Affairs Center for Practice Management & Outcomes Research, VA Ann Arbor Healthcare System, the Department of Internal Medicine, Michigan Diabetes Research and Training Center; and the University of Michigan School of Medicine, Ann Arbor.
