



A QUICK 'N EASY GUIDE TO

STARTING A CHAPTER

YOU'RE ON YOUR WAY TO BECOMING A PART OF DREAMCATCHERS. WE'RE EXCITED TO MEET YOU.

After reviewing this guide, head back to www.dreamcatchers1.org/start-a-club to fill out the form to apply.



WWW.DREAMCATCHERS1.ORG

OUR MISSION

To fulfill end-of-life Dreams of hospice & palliative care patients through youth chapters;

to increase intergenerational connection and opportunities presented to youth as a way of increasing understanding of aging, terminal illnesses, and death/dying.

OUR VISION

A world where age segregation is a thing of the past, barriers in connection across age groups are eliminated, and stigmas around aging and dying are wiped out.

A culture in which youth gain a new perspective on life and death, and are regularly interacting with those in the final stages of life





The butterfly is often seen as a symbol for hospice care

WHAT IS HOSPICE & PALLIATIVE CARE?

Hospice care

is designed to provide supportive care to people in the final phase of a terminal illness, and it places the focus on comfort and quality of life, rather than cure. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible. People on hospice care are typically diagnosed with less than 6 months to live.

Palliative care

is another type of specialized medical care for people living with a terminal or serious illness. It focuses on providing relief from the symptoms and stress of the illness to improve quality of life for both the patient and the family, but does not necessarily mean stopping treatment of the disease.

Both types of care focus on maintaining dignity and comfort for individuals with serious illnesses. DreamCatchers provides patients on hospice or palliative care something to look forward to and get excited about in a time when many are left alone.

WHY START A CHAPTER AT YOUR HIGH SCHOOL OR COLLEGE?



Many people faced with the end of their lives are alone and ignored. Our society still views aging as a negative, and elderly/ill people as “unproductive” members of society. By connecting with those in hospice or palliative care, **you are giving people at the end of their lives a newfound hope and joy where it was previously darkness.**

You’re changing the way our world thinks and runs, and you’re giving back to the people who have often done so much for us and our communities. And... you’re having a lot of fun doing it- by making someone’s end-of-life “bucket list” Dream come true!

By connecting with these hospice “Dreamers” in your communities, you’re breaking barriers that exist between generations, between old and young. You’re building bridges and bringing communities closer together, while learning more about a segment of our population we tend to ignore. **You’re truly making a change.** And that’s a powerful thing.



WHAT DO CHAPTERS DO?

Dream Fulfillment

This is the core of DreamCatchers. Once your chapter is partnered with a local hospice/palliative care agency, you'll get to start making Dreams come true! For example, you might receive a Request for a 105-year-old woman who Dreams of going up in a hot air balloon. You'll have to make all necessary arrangements to make this Dream happen! The best part is being there on Dream day, getting to know your Dreamer, and experiencing this amazing Dream with them!



Intergenerational Activities

When you're not working on Dreams, it's a great time to get to know other older members of your communities. Ask your hospice/palliative care partner for a referral to a local senior center, assisted living, or nursing home. Get in touch with their activities director and plan a time for your club to go in and spend time with residents! You can do crafts, put on a dancing event, or even play games/Bingo with the seniors.

Fundraising & Community Awareness:

To grant Dreams and put on activities, you'll need to raise money in your communities. A great way to do this is to spread the word amongst local businesses and community members, advocating for the DreamCatchers mission and greater intergenerational connection. Your chapter is responsible for raising enough money to fulfill all Dreams you receive. Do this knowing how much of a difference you're making with every dollar.



STARTING A CHAPTER... WHAT NOW?

1 **Decide you're ready for this!**

Chapter leaders are motivated, organized, and want to make a difference. While you decide how much time to invest, you want to be sure you can commit to at least 1 Dream per month.



2 **Find a team!**

As a leader, you need a great team behind you to make it all happen. Find a couple dedicated people that can be the officers or key members of your chapter.

3 **Learn more!**

Learn more about our chapters on our website and social media. If you're ready to take the leap, head to dreamcatchers1.org/join and fill out the form.



4 **Spread the word!**

Get started by talking about it and telling your friends. The best way to get interest is to tell people about your cause!

5 **Let's go!**

Order the kit, and we'll get it sent off to you ASAP. You're on track to getting your own chapter started!

