



C.A.R.E. Program

The C.A.R.E. program exists to support and empower women and girls who are affected by a bleeding disorders, whether they have a diagnosis, are a carrier, or are a caregiver, child, spouse, or sibling of someone with a genetic bleeding disorder. It affords members the opportunity to get together throughout the year for support and networking events, dinners, educational programming, and recreational activities (like craft workshops, yoga, and others). In March 2022, the group held its first-ever weekend conference and retreat in Greenville, SC. This included programming on issues specific to women who bleed. As always, the goal is education, sharing of ideas and experiences, and ultimately empowerment to advocate for yourself and your loved ones.

BDASC

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Care

Compassioned ♥ Advocates
Resilient ♥ Empowered

Women's Bleeding Disorders
Support Program



Objectives

- To empower and equip women with knowledge and support through shared experiences, in a safe, warm, and inviting atmosphere.
- Increase knowledge and awareness about the symptoms and treatment of bleeding disorders and share ways to encourage more awareness to the general public and healthcare professionals.
- Facilitate conversations on issues relating to being affected by a bleeding disorder and working within the group to find practical solutions for their everyday life situations.
- Gain knowledge from participants and guest speakers about bleeding disorders and how to manage them.
- Empower women and girls to seek the best medical care, supportive services, and resources.
- Build bonds for future advocacy needs, support, and friendships.

Issues

Common topics addressed by women with bleeding disorders:

- Sharing experiences and the need for access to testing, detection, and health equity in care for women
- Carrier guilt (of passing a bleeding disorder onto your children)
- Mental health and wellness concerns
- Living a healthy lifestyle with a bleeding disorder
- Information and discussions relevant to specific disease states (e.g., von Willebrand Disease)



In Their Own Words

From C.A.R.E. members:

"I value this great community for its support, care, and love."

"Sometimes I avoid self-reflection because it is too real; this group has helped me recognize that and address it head-on."

"Be Strong for one another, with one another."

"We need to check in on each other."

"This group has helped me facilitate relationships and make meaningful connections that would not have otherwise been possible."