

PROGRAMS



HFA serves the bleeding disorders community through a variety of educational programs, advocacy outreach initiatives, and direct service support.

We invite you to discover what we have to offer through our many educational programs. These ongoing programs serve community members through a multi-faceted approach, delivered via both face-to-face and online. Additional educational tools and resources are made available via HFA's website, *Dateline Federation* quarterly newsletter, social media as well as regular educational webinars.



Blood Brotherhood

For adult men (18 and older) with a bleeding disorder.

Blood Brotherhood is a national program to educate and support adult men living with a bleeding disorder. Blood Brothers stay connected via a private online forum and face-to-face events at local partnering member organizations. The program also provides resources and support for the spouses/partners of Blood Brothers.



Blood Sisterhood

For women and girls with a bleeding disorder.

Blood Sisterhood is a national program to educate and support women and girls who have a doctor diagnosed bleeding disorder or who experience symptoms of a bleeding disorder. The Blood Sisters stay connected and supported through a variety of mediums including face to face events at local partnering member organizations, educational webcasts, and online story sharing.

In addition, the **Sisterhood mobile app**, developed by HFA, assisting women in tracking their bleeds and menstrual cycle as well as allowing them to share this information privately with their healthcare provider.



Moms in Action

For moms or female guardians in the bleeding disorders community.

Moms in Action is a national program dedicated to providing education, support and outreach through resources that help strengthen a family living with a bleeding disorder. The program offers these resources through face-to-face events at local partnering member organizations, educational materials, and Infusing Love: A Mom's View (a weekly blog written by community members).



Dads in Action

For dads or male guardians in the bleeding disorders community.

Dads in Action is a national program dedicated to providing education, support and outreach through resources that help strengthen a family living with a bleeding disorder. Face-to-face events at local partnering member organizations, educational webcasts and a book of shared stories provide dads with the support they need to be their children's champion.



Young Adults

For adult men and women ages 18-35.

HFA provides support and educational resources to young adult men and women ages 18-35 living with a bleeding disorder. Young adults can stay connected via live Google hangouts hosted by HFA six times per year, in addition to national face-to-face sessions at HFA's educational Symposium.



FitFactor

For individuals living with a bleeding disorder and their families

The FitFactor program was developed to improve health, fitness, and quality of life through regular physical activity and proper nutrition. FitFactor offers a variety of services designed to reinforce the message that "Healthy Bodies Bleed Less". This message is shared consistently across all HFA programs through: face-to-face educational events at local partnering member organizations, online resources, and the Get in Gear mobile app. Get in Gear was developed by HFA to encourage people with a bleeding disorder to become more physically active. This free app tracks and logs physical activity. It can also be used to track and record pain and/or bleeds.

OUTREACH and SERVICES



HFA provides a variety of advocacy outreach and direct support services and initiatives. We invite you to discover our supportive resources and tools to become an informed advocate.

Advocacy Education & Outreach

HFA supports the community by providing information and tools to participate in monitoring, advocating, and supporting federal and state public policies that impact the lives of people living with bleeding disorders. Through in-person and online training.

HFA helps individuals with bleeding disorders and caregivers learn how to become better advocates on their own behalf. HFA offers these resources through face to face events at local partnering member organizations as well as educational tool kits and web resources.

Educational Scholarships

Each year, HFA awards four educational scholarships in three categories to promising students in the bleeding disorders community in the amounts of \$2,000-4,000. The categories include:

- Educational Scholarship
- Parent/Sibling/Child Educational Scholarship
- Medical/Healthcare Services Educational Scholarship



Helping
Hands

Helping Hands/
Items Reimbursement

HFA's Helping Hands program is designed to establish a rapid, non-invasive source of relief for emergency situations for individuals and families in the bleeding disorders community. Each application is given careful consideration to the personal circumstances, while ensuring a minimum invasion of privacy for community members. The program also assists individuals with the cost of medically necessary items and durable medical equipment.



Gears for Good

HFA encourages people with bleeding disorders to live healthy, active lifestyles. Gears for Good is a charity bike ride offered to raise funds for HFA's Helping Hands financial assistance program. Riders enjoy meeting new people and building stronger friendships along the way while raising funds for this important cause.

Symposium

Symposium is an annual community centered educational event that draws hundreds of members from the bleeding disorders community together to share information, learn new advancements, and build a network of support! Each year, HFA offers travel scholarships to first time attendees in need of financial assistance.



Learn more at www.hemophiliafed.org