

## KETO HOPE FOUNDATION

# Keto Friends Program



### PROGRAM GOALS

The Keto Friends Program connects families new to the ketogenic diet to a network of parents experienced with the diet for educational and emotional support.

Communication through this program is meant to be helpful and encouraging but is not intended to take the place of or provide medical advice.

### FOR FAMILIES EXPERIENCED WITH KETO THERAPY LOOKING TO SUPPORT A NEW FAMILY

- Families should be willing to make a 1 year commitment to the program.
- Most families connect on a monthly basis.
- Families can communicate via e-mail or telephone (whichever is preferred).
- Interested support families can send an e-mail to [info@keto.org](mailto:info@keto.org) for more information and consideration.

### FOR FAMILIES NEW TO KETO THERAPY SEEKING A SUPPORT NETWORK

- New families to ketogenic diet therapy can submit a request to receive a support family on our website.
- We attempt to match families based on the following:
  - Age
  - Gender
  - Diagnosis
  - Oral versus enteral
  - Form of diet therapy

### SUCCESS

Since the Keto Friends Program started in 2019, we have doubled our match rate each year!

We would love to continue this trend but we need your help in spreading the word and encouraging your new and experienced families to get involved!



### FOR MORE INFORMATION

Check out our website at [www.ketohope.org/familysupport](http://www.ketohope.org/familysupport)

