

*Data collected from REST Companions and Caregivers served by REST Companions from July 2014 through March 3, 2017.*

## REST COMPANION DATA

### Evaluation Questions:

- Were the appropriate skills, knowledge, and confidence gained during the REST Companion workshops?
  - Pre/Post-Surveys
  - Core Competency Review
- Were the skills, knowledge, and confidence retained six months later? Were REST Companions providing respite to families six months later?
  - 6-month follow-up telephone survey

### Workshop – Skills/Knowledge Gained

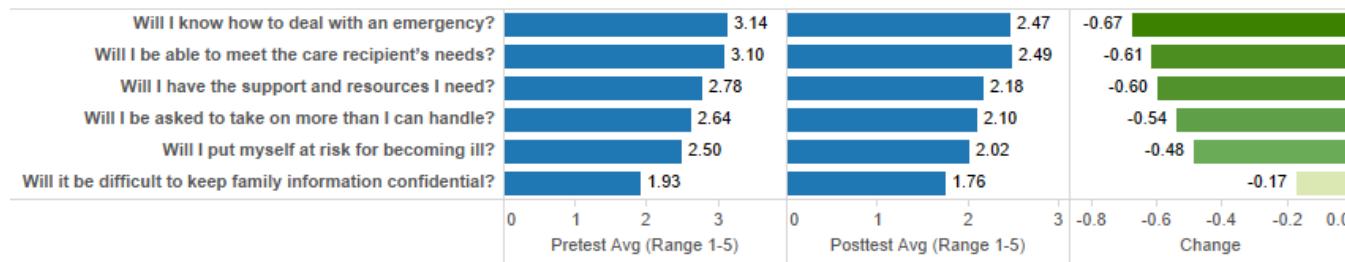
#### **Rate Your Skill/Knowledge in Each of the Following Areas - Change from Pre to Post Workshop**



*Statistically significant data regarding gains in skill/knowledge in 11/12 categories.*

### Workshop – Confidence Gained

#### **Level of Concern About Each of the Following Areas of Respite Work - Change from Pre to Post Workshop**



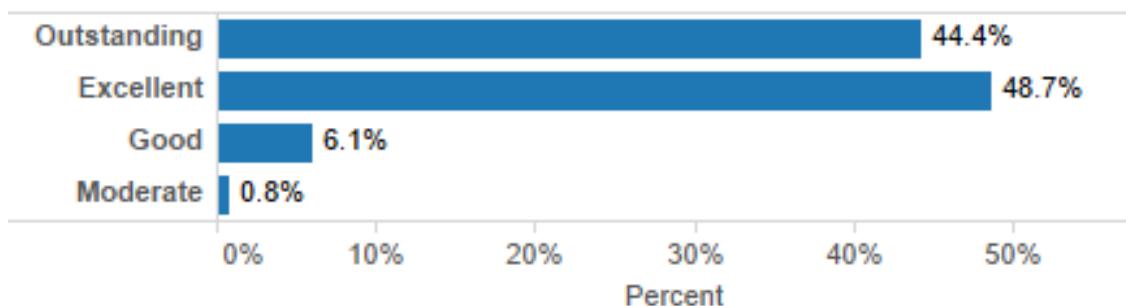
*Statistically significant data regarding decreased levels of concern in 5/6 categories.*

## **Workshop – Core Competency Review**



## **Workshop – Participant Ratings**

### **My Overall Rating for the Course Is:**



#### *What do you like best about the workshop?*

- Group activities, discussions, and opportunities to share experiences.
- Resources and quality of information provided in the training materials.
- Instructors perceived as qualified, knowledgeable, and effective.

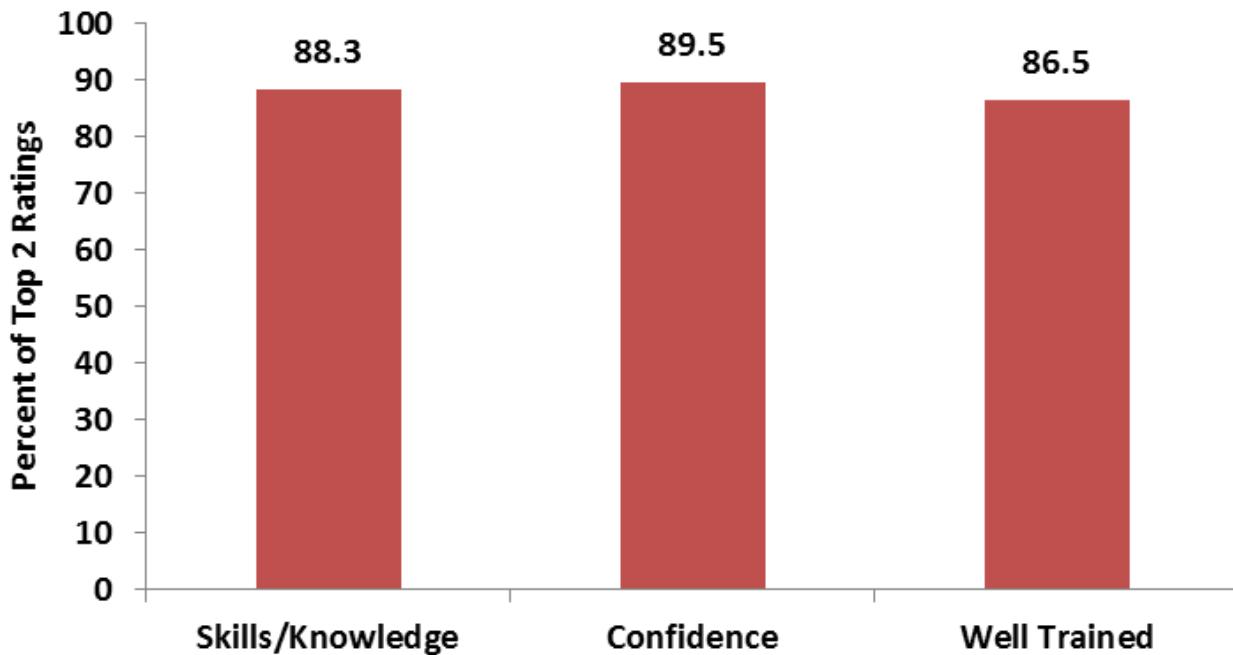
#### *What can be done to improve the workshop?*

- Adjust the length of the workshop. Some feel it is too long, others feel it is too short.

**6-Month Companion Interviews**

Rate retained skills/knowledge/confidence six months following your workshop.

## Workshop Ratings at Six Months



Have you provided respite since your workshop? How many families have you served?

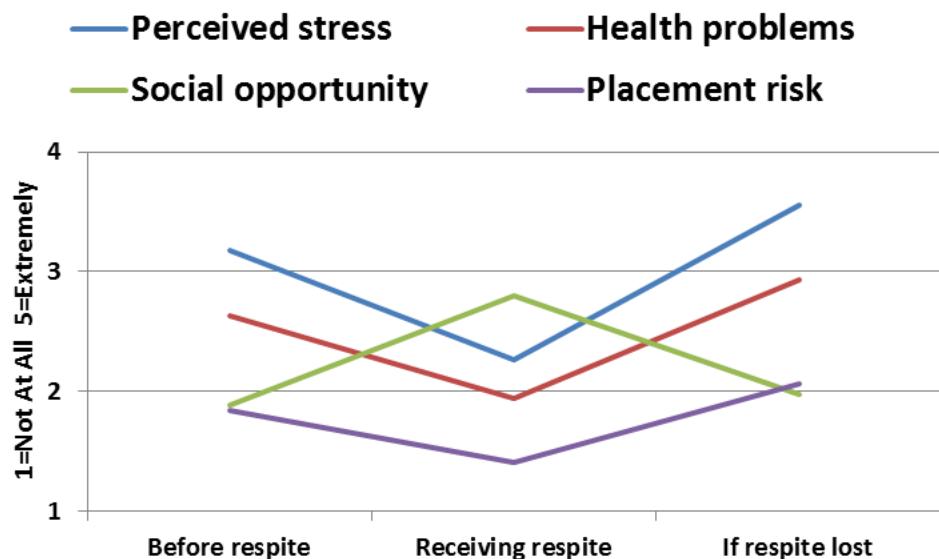
| # Families Served | Before Workshop | After Workshop         | Currently Serving    |
|-------------------|-----------------|------------------------|----------------------|
| Range             | 1 to 20         | 1 to 25                | 1 to 25              |
| Mean              | 1.88            | 1.98                   | 1.80                 |
| Mode              | 1               | 1                      | 1                    |
|                   | Hours Per Month | Range<br>Mean<br>Total | 1 to 96<br>19<br>596 |

## CAREGIVER DATA

### Evaluation Questions

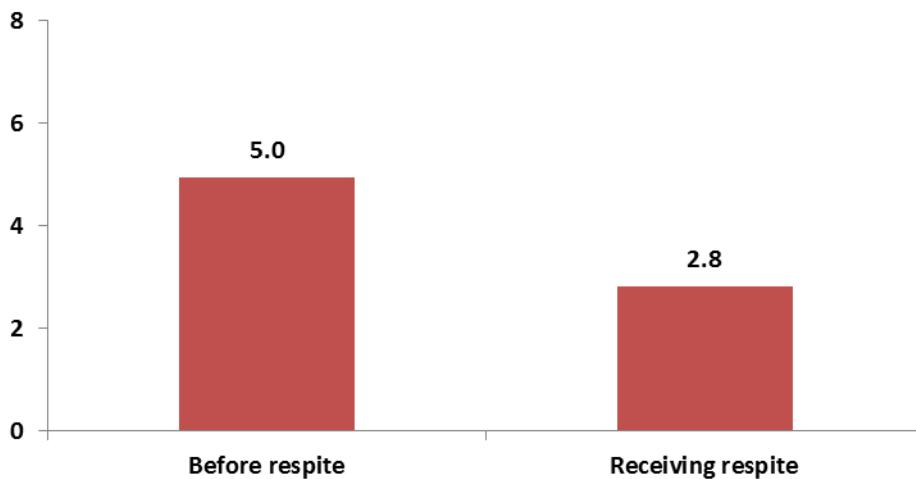
- How do family caregivers feel about the respite they receive from REST Companions?
  - On-line/Paper Survey

*Caregivers rated their perceived stress, health problems, risk of long-term care placement for their loved one and their social opportunities prior to receiving respite, while receiving respite and if they were to lose their respite services.*



*Caregivers were asked to circle any stress-related symptoms from a list of 12 they experienced prior to respite and now that they are receiving respite.*

**Number of stress related symptoms**



*Statistically significant data regarding decreased levels stress-related symptoms while receiving respite.*

*Care Receiver's opinion of their respite experience.*

### **Care recipient's opinion of respite experience**

