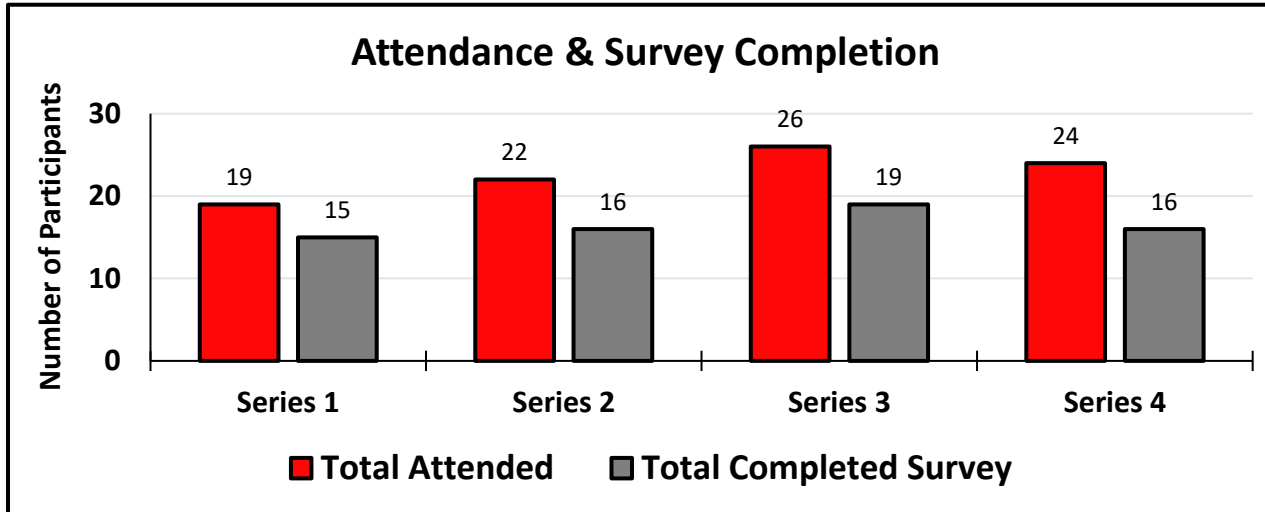


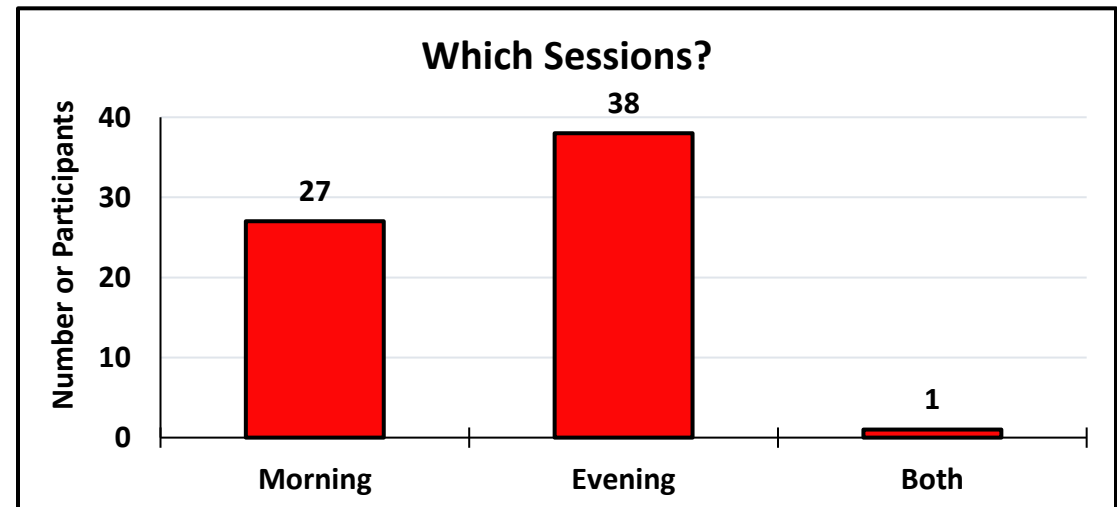
Art of Caregiving: Participant Satisfaction Survey

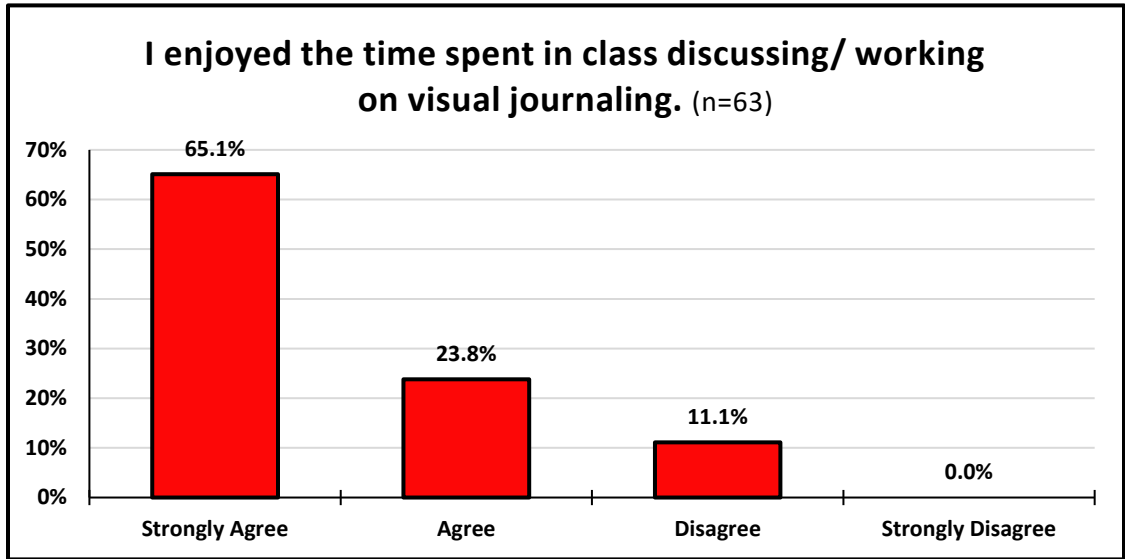
Series I – IV Combined Results



Nineteen caregivers attended sessions during Series 1, and 15 filled out the evaluation. Twenty-two caregivers attended sessions during Series 2, and 16 filled out the evaluation. Twenty-six caregivers attended sessions during Series 3, and 19 filled out the evaluation. Twenty-four caregivers attended sessions during Series 4, and 16 filled out the evaluation.

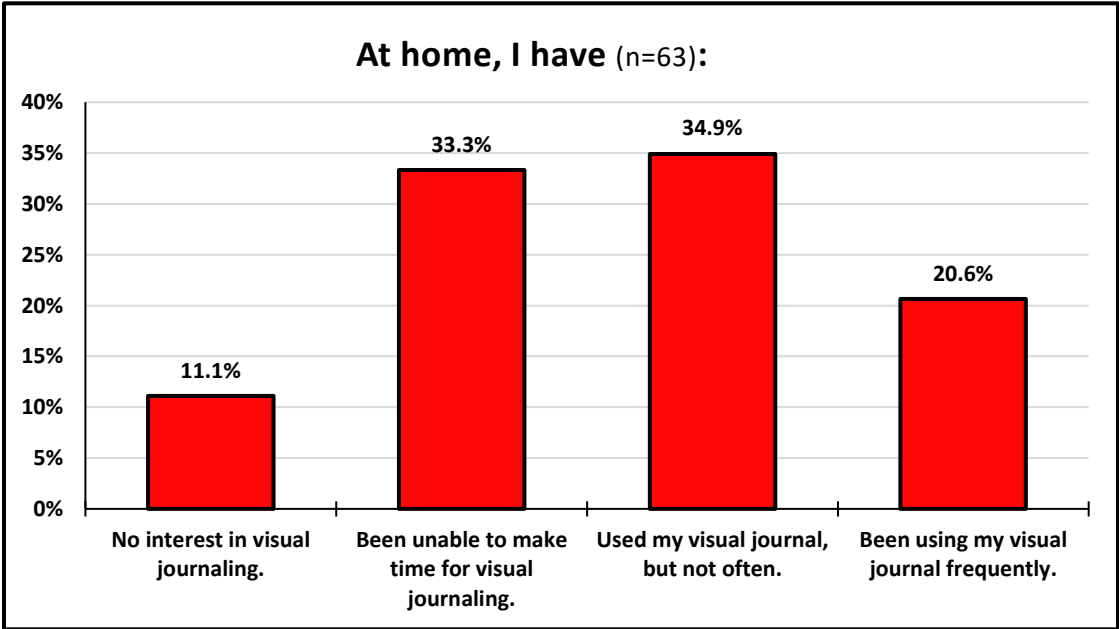
Twenty-seven participants reported attending morning sessions, 38 participants reported attending evening sessions, and one participant reported having attended both (some morning and some evening sessions).

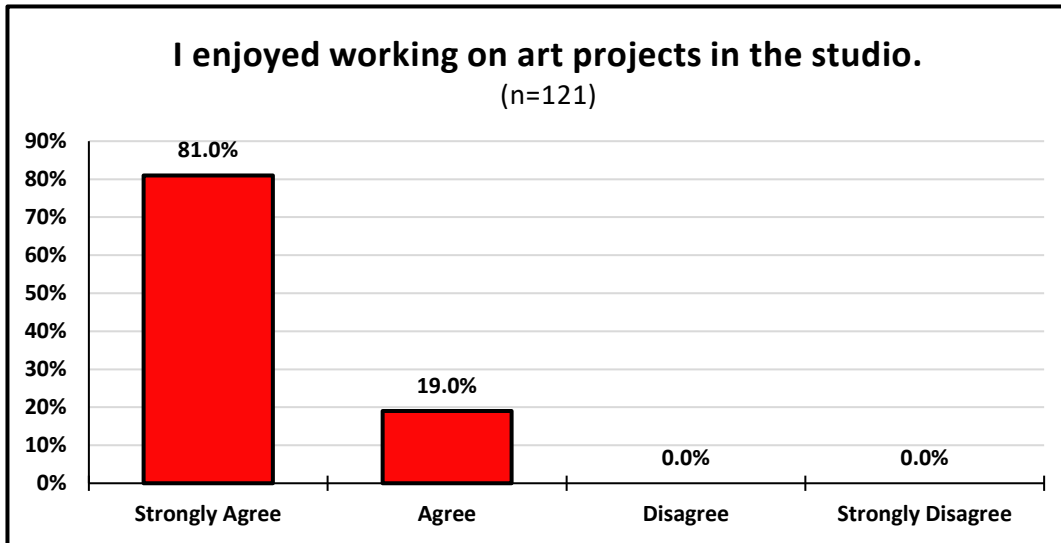




In response to the statement, “I enjoyed the time spent in class discussing/working on visual journaling,” sixty-five percent of participants selected “Strongly Agree,” 24 percent selected “Agree,” 11 percent selected “Disagree,” and none of the participants selected “Strongly Disagree”.

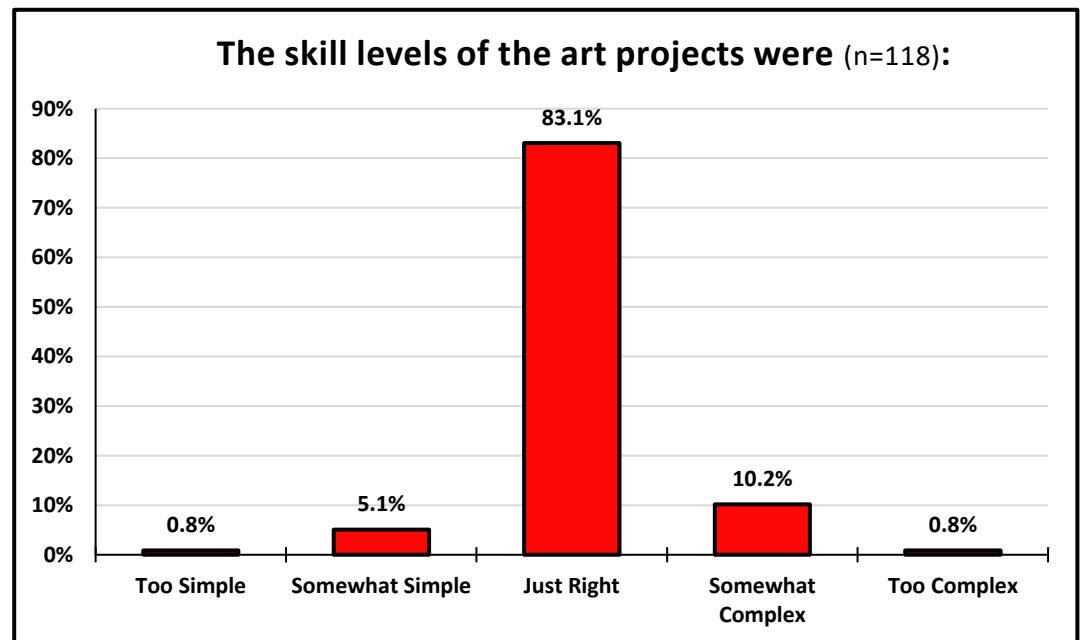
During each of the four series, two of the four sessions focused on visual journaling. Participants were asked about their use of the visual journal at home. Eleven percent of participants had no interest in visual journaling at home; 33 percent had been unable to make time for visual journaling at home; 35 percent reported that they had been using their visual journal at home, though not often; and 21 percent reported that they had been using their visual journal frequently at home.

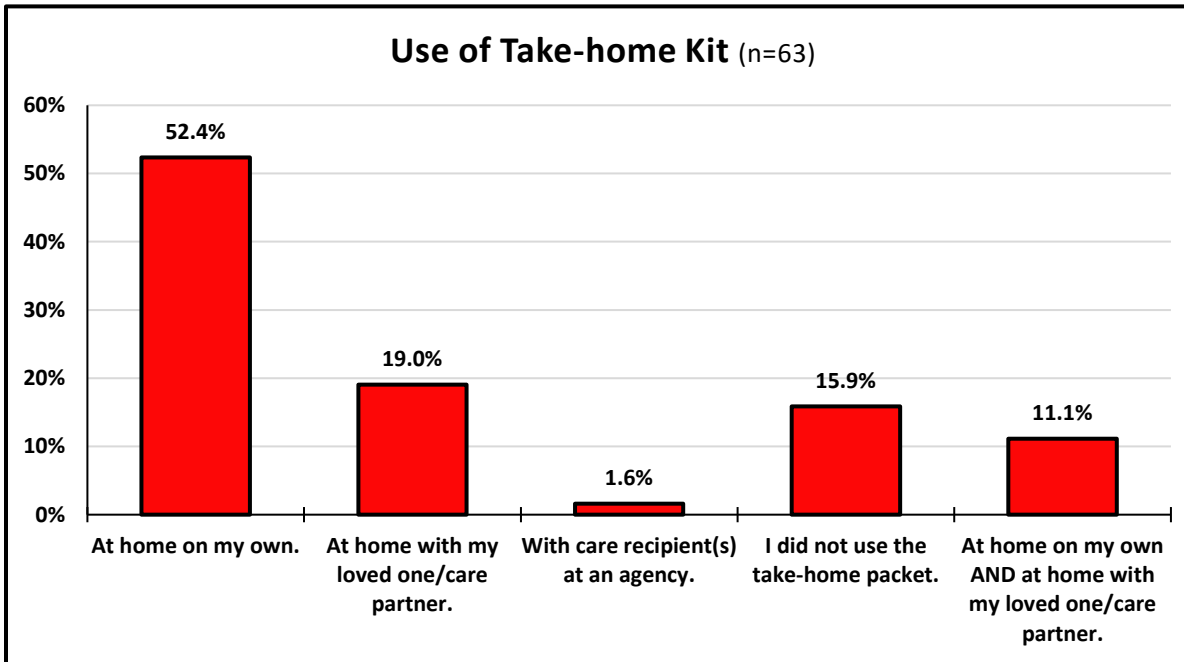




During each of the four series, two of the four sessions focused on an art project (e.g. painting, ceramics, jewelry-making, etc.). For each project, participants were asked to respond to a statement about whether they enjoyed working on the project. In 81 percent of responses, participants selected “Strongly Agree,” and in 19 percent of responses, participants selected “Agree”; “Disagree” and “Strongly Disagree” were not selected regarding any of the art projects.

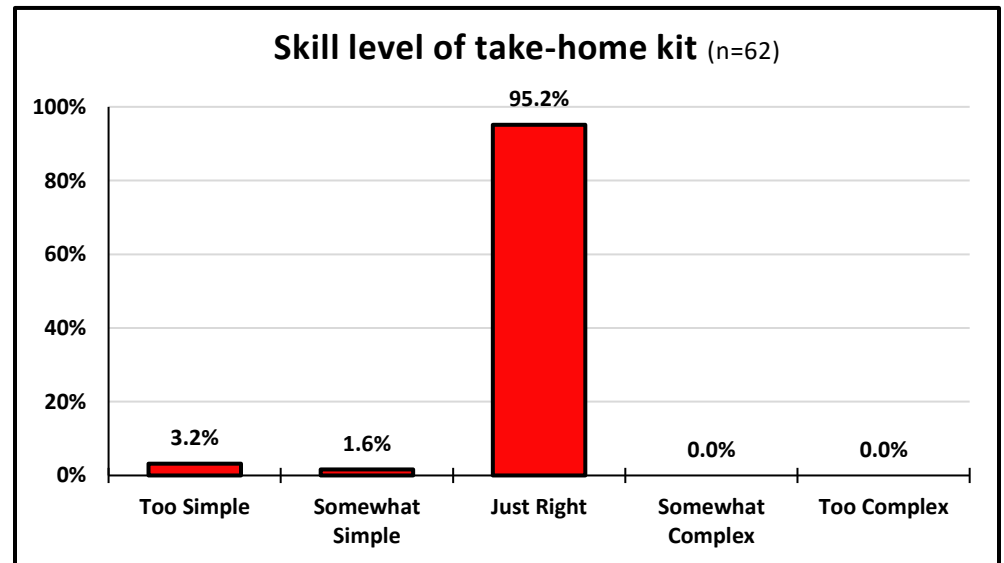
For each project, participants were also asked to rate the skill level necessary for the project. In one percent of responses, participants selected “Too Simple”; in five percent of responses, participants selected “Somewhat Simple”; in 83 percent, participants selected “Just Right”; in ten percent, participants selected “Somewhat Complex/ Technical”; and in one percent of responses, participants selected “Too Complex/Technical”.

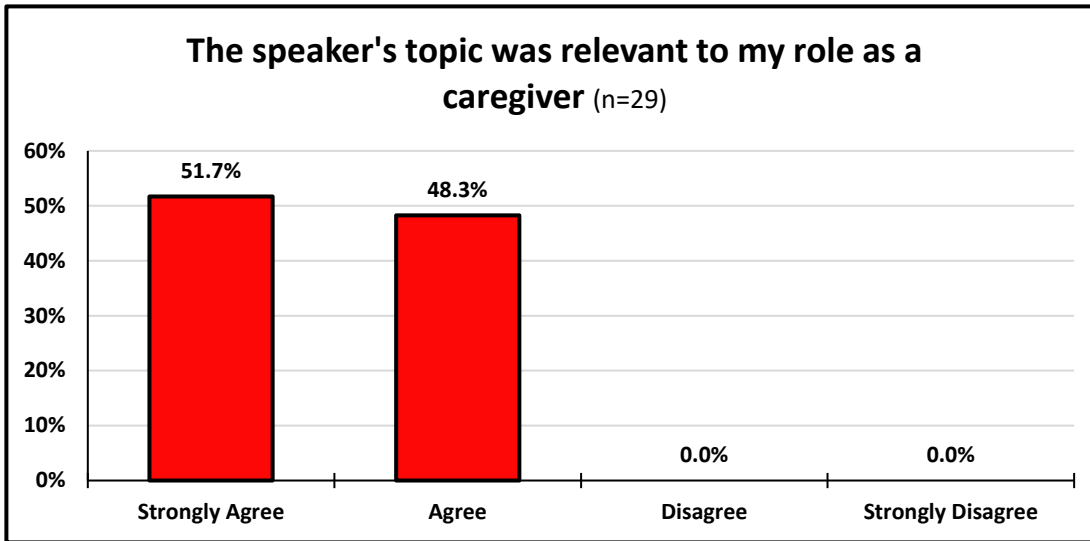




At each session, participants were given a take-home kit of supplies and instructions related to the art project they worked on during that session. Fifty-two percent of participants reported that they were able to use the take-home kit to create an enjoyable experience “at home on [their] own,” 19 percent reported using the take-home kit “at home with [their] loved one/care partner,” two percent reported using the kit “with care recipient(s) at an agency,” 11 percent reported using the take-home kit “at home on [their] own AND at home with [their] loved one/care partner”; 16 percent of participants reported that they had not used their take-home kit.

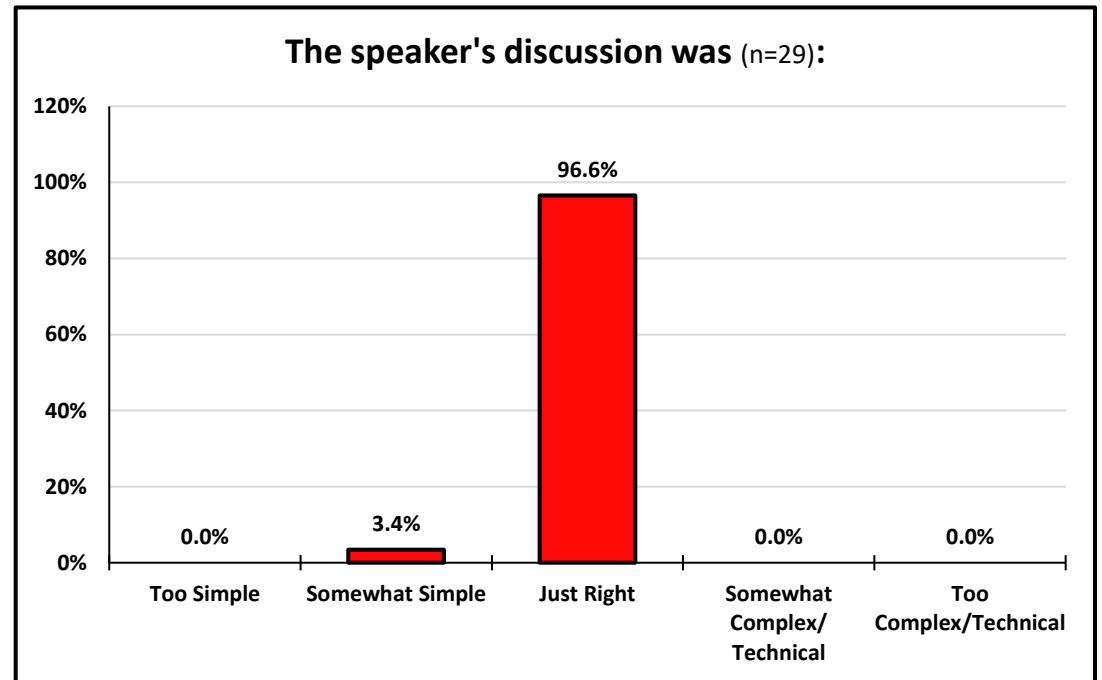
Participants were also asked to rate the skill level required to utilize the take-home kits. Three percent reported that the skill level required was “Too Simple,” two percent reported that it was “Somewhat Simple,” and 95 percent reported that the skill level required to utilize the take-home kits was “Just Right”; “Somewhat Complex” and “Too Complex” were not chosen by any participants to describe the skill level required to use the take-home kits.

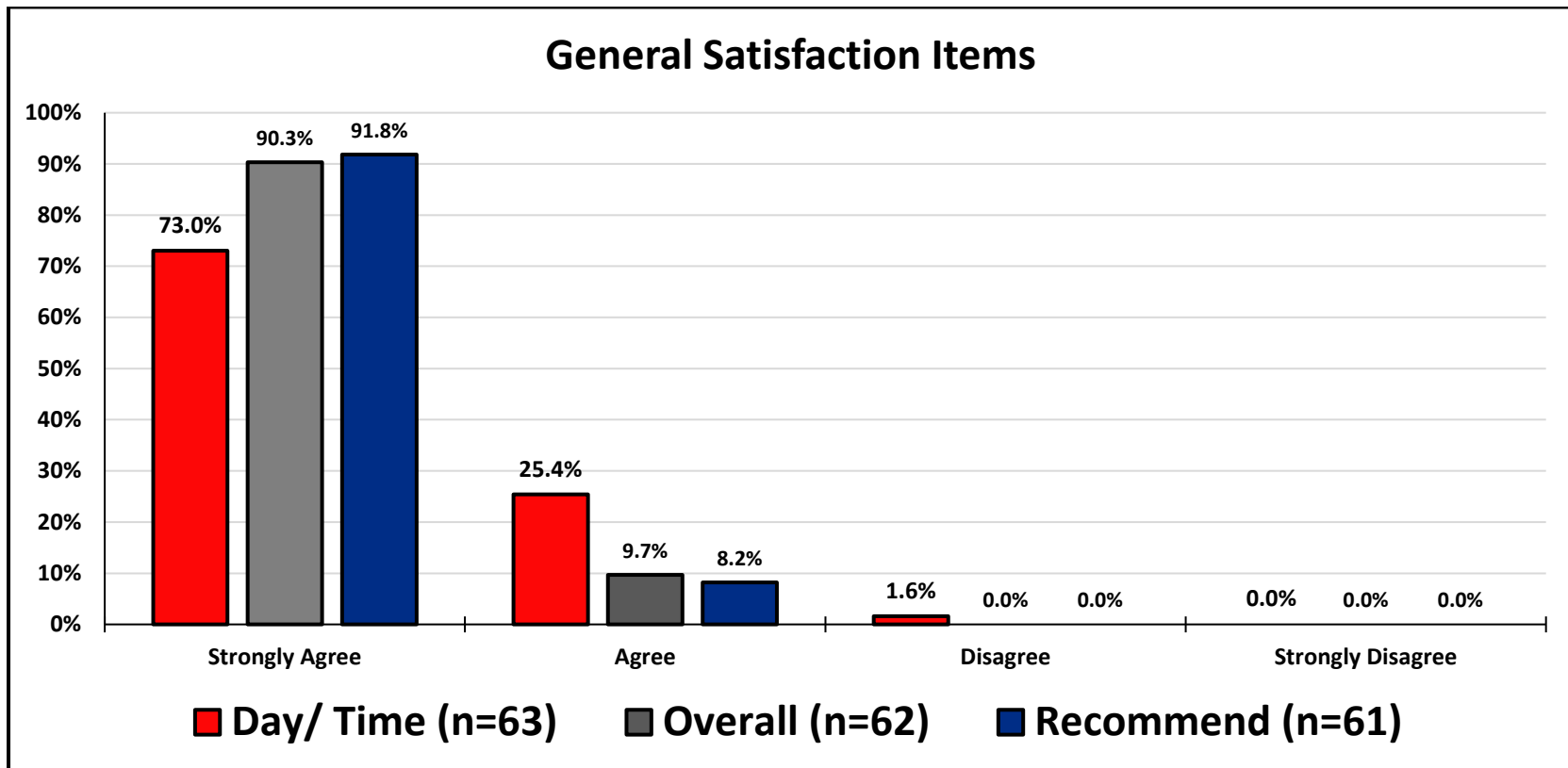




During Series 2 and 4, we invited speakers to share their experiences, ideas, and resources with the participants. Fifty-two percent of participants **strongly agreed** that the topics were relevant to their role as a caregiver, and 48 percent **agreed**. None of the participants disagreed or strongly disagreed about the relevance of the topics to their role as caregivers.

Participants were also asked to rate the discussions using a Likert Scale from Too Simple to Too Complex/Technical. An overwhelming majority, 97 percent reported that the discussions were “Just Right,” and three percent reported that they were “Somewhat Simple”. None of the participants reported that the discussions were “Somewhat Complex/Technical” or “Too Complex/Technical”





Participants were given a set of general satisfaction items: “The day and time of this program fit well with my schedule,” “Overall, I was satisfied with this program,” and “I would recommend this program to others”.

Seventy-three percent strongly agreed that the day and time of the program fit well, 25 percent agreed, and two percent disagreed.

Ninety percent strongly agreed that they were satisfied with the program, and ten percent agreed.

Ninety-two percent strongly agreed that they would recommend the program to others, and eight percent agreed.

Using an open-ended question format, participants were asked list a few topics they would be interested in hearing about from speakers at upcoming sessions. Their responses, divided into three categories (art, caregiving, and other), are shown below. Items with an asterisk (*) are related to art and caregiving.

ART-RELATED SUGGESTIONS			
Raku	Art, watercolors/acrylics	*How to get loved one to participate in art	
*Step by step process for art projects with person we're caring for		More painting acrylic; more H2OColor; even pencil sketching	
sculpture, modeling, linoleum block painting, more jewelry-making, fiber arts			
I enjoy not thinking about caregiving. It is a nice break, so talking about art would be great.			
Creative expression through journaling; more craft oriented art, and making the time to do the art			
*How to encourage a dementia patient who loved art to continue creating even if the art isn't perfect (like it was before) (My mom has become discouraged & a little frustrated because of her limitations)			
CAREGIVING-RELATED SUGGESTIONS			
Handle difficult situations	Self-care; resources	Taking time for ourselves	How others have dealt with dementia
Listening, giving, understanding	meditation	How to reduce stress	Staying focused
Making difficult choices	Yes, patient safety	Self-care; relaxing	Keeping patience!
Resources for part-time help, both assisting and "babysitting"		Finding balance - guidelines for when to say "no" to requests	
Patience, compassion, making compassion; nutrition; sleeping		How to engage loved one. How to encourage self-care of loved one	
When to use and how to use outside resources	Type of options for home layout for care of dementia person (when live at home)		
OTHER SUGGESTIONS AND COMMENTS			
Anything & Everything	Everything!	More speakers	Self-care
Anything to remind us that this is our time	Occasional speakers on topics		Home care project
Only if it doesn't take away from our project time		Anything to help encourage our loved ones!	
Noa has been interesting, kind, and approachable	How to balance the stress of caregiving w/the ease of art/creating an artistic piece		

Using an open-ended question format, participants were asked what they liked best about the program. Their responses, divided into three categories (people, art, and other), are shown below.

PEOPLE-RELATED COMMENTS		
Friendly staff/ Friendliness of everyone (2)		The people & teacher/The participants & instructor (5)
The teacher was very helpful & knowledgeable		Making new friends/ Talking with other caregivers/Meeting others in similar situation (5)
Each teacher was full of talent & so patient!		Good support/ the group therapy was immensely helpful & supportive! (2)
ART-RELATED COMMENTS		
Experimenting with painting	The projects; fun projects (3)	Am enjoying short, fun art programs.
Painting, felting	Creative time	The beauty of all the art around me.
Pottery class & jewelry making	The ability to play	The creative relaxing experience
Palette painting with palette knife	Time to rejoice in art.	Time well-spent, was introduced to new techniques & art work
Using the watercolors	No judgement.	I really enjoyed the art projects; there was a good variety.
I enjoyed the Raku the most	The doing	Instruction about how to involve dementia patient in projects
Making clay; oil/acrylic/watercolor painting		I really enjoyed having a take home project to do again. Thank you! :-)
Repetitive motions (they were like meditation)		An opportunity to play with art that I have never used before, and the demo and help with it.
The painting of the pine trees in water color & acrylic. It was the most rewarding.		Being exposed to different types of art. This is very new to me and interesting.
The different techniques in using clay. The different ideals about journaling and putting thoughts on paper.		I love the creative aspect of this program the best. The creativity of this program is a sheer relief! Thank you for all of your help.

OTHER COMMENTS			
Everything/All great (5)	The food--nice touch	Social and learning	Subjects, variety, fun
Relaxing/Relaxation/just kicking back (3)	Time to not think about caregiving	Calm environment.	Makes us feel good
The friendly atmosphere with welcoming snacks		Great! Has helped with my emotional development. All in class too!!	
Everything! Organization, wine, food		It was all great; fit well with caregiving; caregivers are often forgotten.	
A nice break & something out of the ordinary for us!		Total immersion in something other than my day to day routine	
You also made us feel special and cared about. I always looked forward to the class and talking with the others			
It was something for me to enjoy, as well as something to provide for my aunt		Fellowship + creativity + materials provided snacks (especially yogurt, bagels, fruit)	
Having the opportunity to participate in a program like this was so beneficial to me!		Getting my mind off other things & concentrating on learning something new. Afterwards, looking at my artwork brings a smile to my face.	
Being able to concentrate on something totally different than my day to day routine. It is a respite.		I really enjoyed all of the sessions & especially enjoyed Noa as an instructor; she was great, very encouraging and supportive.	
Concentrating on something pleasant and interesting & creating and not thinking about anything troubling. Meeting people in similar situations @home. Learning new skills. I'm very thankful to the BBAC people!!!!			

Using an open-ended question format, participants were asked how we could improve the program. Their responses, divided into four categories (journaling, time, suggestions, and other comments), are shown below.

JOURNALING-RELATED SUGGESTIONS/COMMENTS			
Less visual journaling		A little less journaling, more watercolor, drawing, etc.	
More pottery & painting. Less journaling.		It seems too hard to figure out journaling 2 times. I need more hands-on activity.	
I liked the variety more than journaling.		More pottery & paint or something other than journaling. Thank you!	
TIME-RELATED SUGGESTIONS/COMMENTS			
Keep it up/ Keep it going/Keep doing it! /Keep it coming!!! (7)			Do in the summer
The 90 minutes just flew by! I could easily enjoy a 2-hour class!/ Make the sessions longer (4)			
Start & stop on time; less lesson--more play/ Less talk/instruction; more creation. (2)			
Start art sooner for more time for projects/ Little more time for projects (3)			
Keep the talking/instructing beginning portion to 20min or less. Instructors consistently go over time on this part & there is not enough time to finish the project as a result.			
OTHER SUGGESTIONS			
Continue wide range of projects; find ways to add humor		Would like show & tell at end of each session.	
If you have speakers, don't take away from work/project time!		Have people in program introduce themselves and chat a bit so people feel more comfortable with each other. Both teachers were very good; nice & fun	
OTHER COMMENTS			
Enjoyable as is presented!/ It's very nice now/ It is already good (4)		I liked the music as we worked. (2)	So far so good!!
Can't imagine/No idea (3)	Everything is great/Great program (2)	It all worked for me	I loved it - thank you!
So far it has been wonderful for me!		It is fantastic. Staff is great. Programs are engaging. Thank you!	
It is wonderful, you all do a great job. I really enjoyed!!		Loved hearing the speakers, Anne Mondro & Elaine Reed	
More wine, LoL. Ladies are great, the best. I speak very often & very highly about this class			
You are doing a great job in the program. If I think of any ideas in the future, I will be glad to share them with you.			