



Data collected from REST Companions and Caregivers served by REST Companions from July 2014 through June 1, 2016.

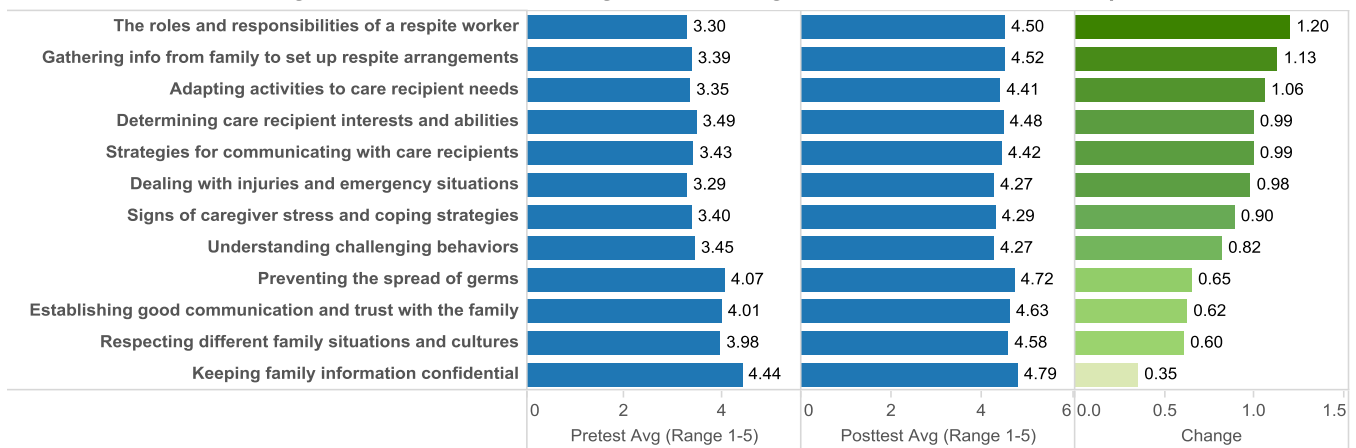
REST COMPANION DATA

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

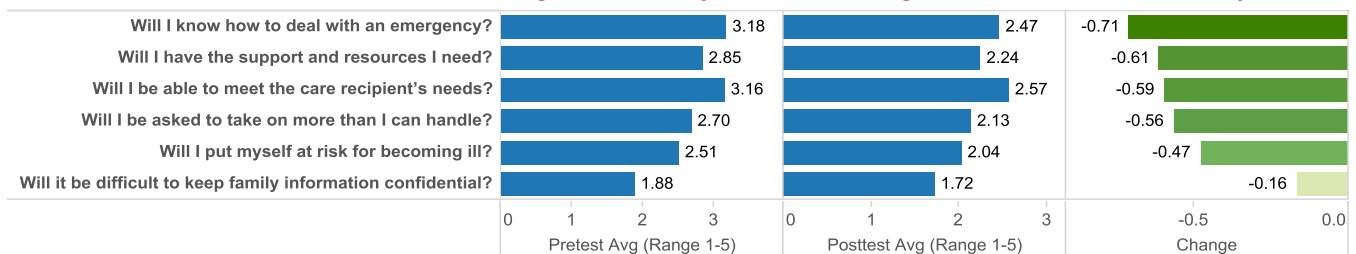
Rate Your Skill/Knowledge in Each of the Following Areas - Change from Pre to Post Workshop



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

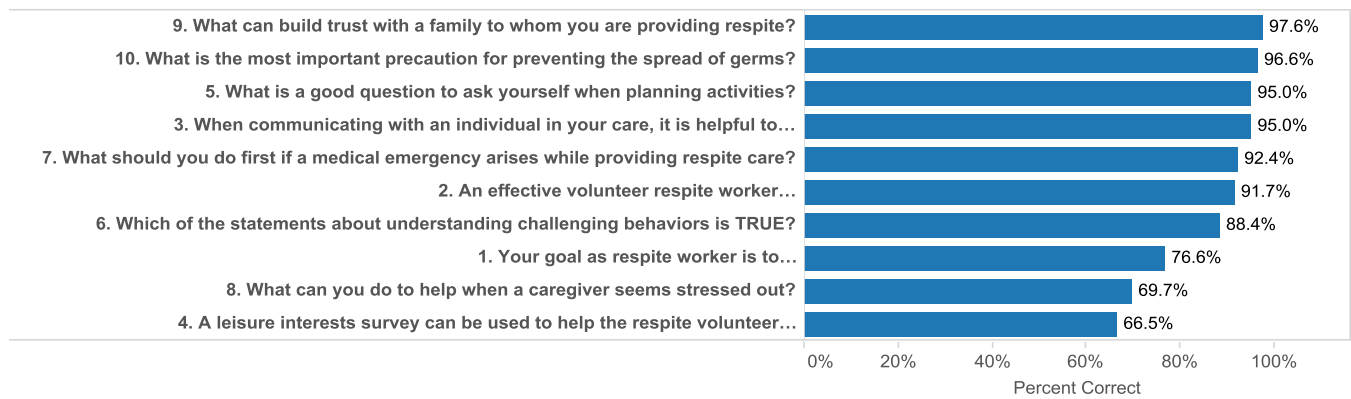
Workshop – Confidence Gained

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



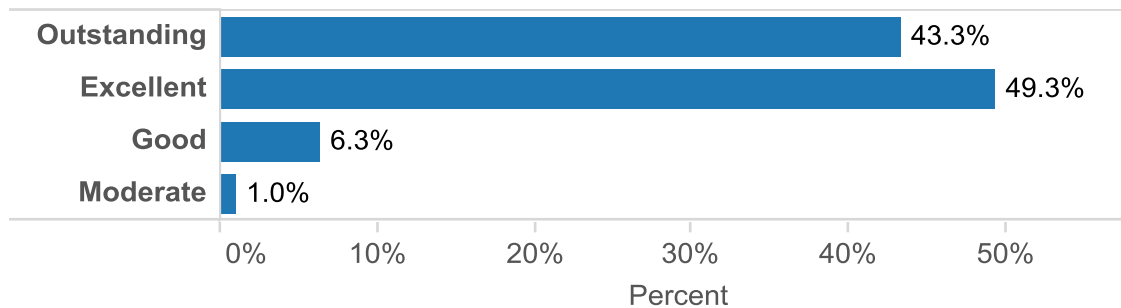
Statistically significant data regarding decreased levels of concern in 5/6 categories.

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?

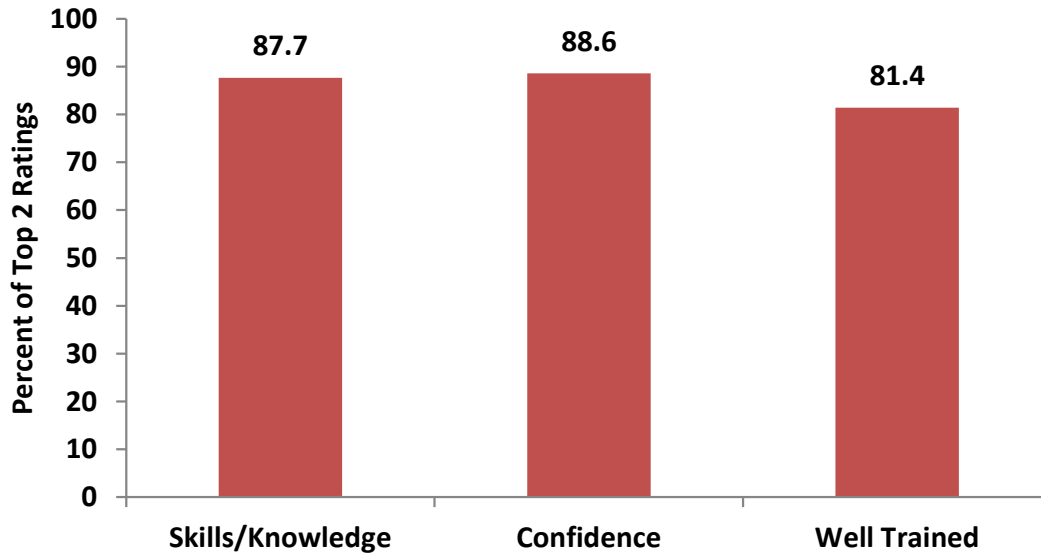
- Adjust the length of the workshop. Some feel it is too long, others feel it is too short.



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?

38% of REST Companions reported providing respite in the 6 months following the workshop.

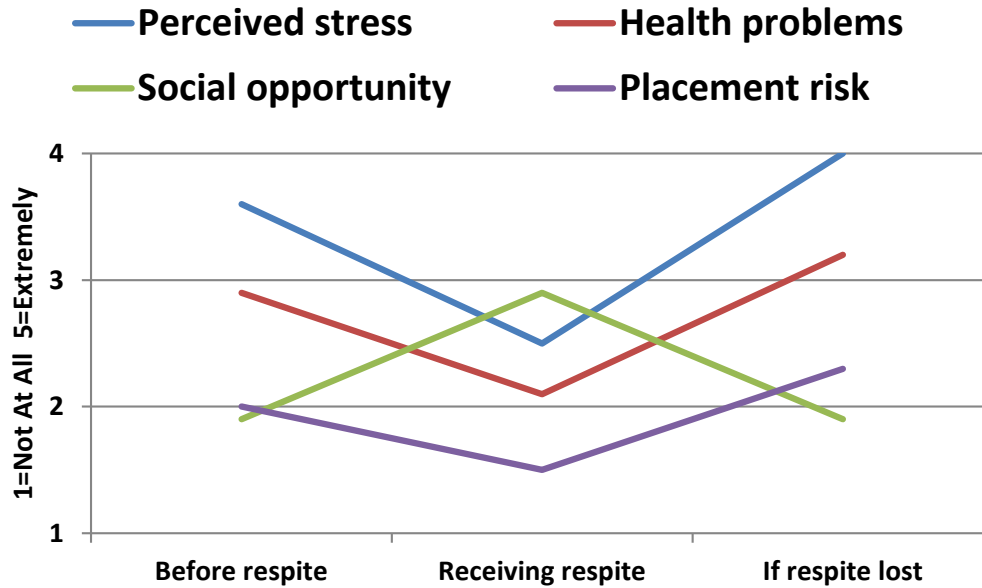
# Families Served	Before Workshop	After Workshop	Currently Serving
Mean	1.97	2.13	2.00
Mode	1	1	1
	Hours Per Month	Range Mean Total	1 to 80 20 421

CAREGIVER DATA

Evaluation Questions

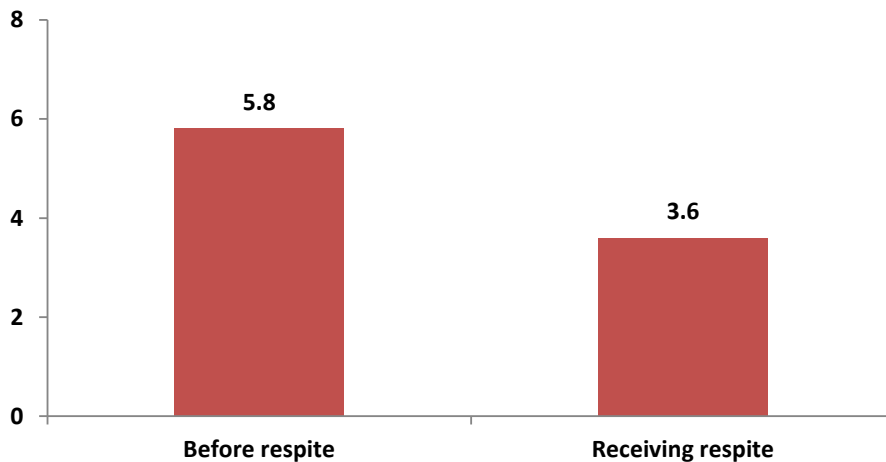
- How do family caregivers feel about the respite they receive from REST Companions?
 - On-line/Paper Survey

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.

