

Whitney Lingle FFA

Final Report 2022

9.30.22

1. What problem were you addressing? What solution did you propose to address it?

This project sought to address the isolation and need for camaraderie that caregivers face. Many of the people Montco SAAC serves are either the recipients or providers of caregiving for family members or friends. The proposed solution was to provide peer-led caregiver chat sessions that allowed the caregivers to share their experiences with each other facilitated by our social workers.

2. What actions did you take? What worked and didn't work toward your objectives? Please share any unanticipated benefits or barriers encountered.

We advertised the program and had the most success with the population already familiar with our center. The first half of the program (discussed in the conversational report) had fairly low attendance but a very bonded group. After entering the next phase of recruitment, the group grew to 16 new participants and multiple sessions including one in the afternoon and one in the evening. Both groups took place on Zoom due to sustained COVID rates. We found that bilingual recruitment did not take hold despite working with ACLAMO to access Spanish speakers. We think with time this may change as that is the normal pattern for our multicultural programs. We found that Zoom had the unanticipated benefit of being easy for caregivers to attend because they didn't have to find coverage. We had very low engagement on social media for the program.

3. How did you measure success--both quantitative and qualitative? Please include numbers and demographics of people touched by the work.

We measured success via tracking participation in our web-based Copilot program and also with pre and post program conversations between participants and our social workers. In total, 22 participants took advantage of the program (12 white, 8 Black, 2 Latinx), all were women and English speakers. The income level was fairly mixed in the population. All were over 60 years old.

4. How did partnerships/collaborations enhance or challenge the project?

COVID added difficulty to our partnerships with local hospitals and with ACLAMO. Our outreach was largely done with flyers and online. It is planned to continue this program and to expand outreach to local senior fairs and some other area senior centers to reach a wider audience.

5. Include a budget and actual for the project during the reporting period.

Proposed Budget:

Other sources of support: OSS Contract for Senior Center Services:

- \$10,000 for administrative and social worker support

Budget requested of FFA:

- Admin: \$5,000
- Social Work Staff and Peer Facilitators: \$15,000
- Program Supplies (workgroup and technology for some): \$7,500
- Promotion/Printing: \$2,500

Budget Narrative:

By far the largest expense (\$15K) for this project will be our Social Work staff time. We have two staff Social Worker's assigned to develop and implement the Pilot Virtual Peer-led Caregiver Support Group. As mentioned in the grant proposal, the next highest expense (\$7,500) is to purchase hotspots and tablets for any participant in need so they can access the virtual sessions. We also plan to create and mail welcome kits to the participants. We have also included Administrative expenses (\$5K) in the budget as well as printing and materials (\$2,500) for marketing the group to the community.

Actual Budget:

Income: \$30,000

Expenses:

Staff time \$15,000

Technology: \$5,000

Program supplies and printing: \$5,000

Administrative: \$5,000

Total Budget: \$30,000

6. What conversations have you had on how to sustain the project after the grant, and do you have plans to share your results with other organizations?

We have spoken with a few of our funders and several are enthusiastic about this remaining a part of our social services programming. We had difficulty getting peer leaders, but that has improved over time and will only serve to further enrich this program. We plan to continue this current run through winter and being recruitment again in the spring.

7. Feedback on your interaction with FFA would be helpful. How have we helped? Made it harder? What else can we do to facilitate your work?

The FFA team has been helpful and discussing barriers in the interim report with Susan was great. It would be helpful to have more feedback at the end of this cycle to determine if it's a project that might garner continued support from FFA or if we should continue to seek other funding.

8. Additional comments:

Thank you as always for your support!