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Idaho Measurements:  
Retrospective Pre-Post  
SWOT Assessment

# Consumer Directed Respite

Program Objective: implement a respite program for caregivers who do not have access through public programs.

# Consumer Directed Respite

## Program Components:

- Reimbursement voucher for respite services
- Up to \$600 over a 6-month period
- Respite provider selected by caregiver

# Consumer Directed Respite

## Retrospective Pre-Post Assessment

- Developed specifically for program
- Administered at the end of the 6-month period

<b>Before</b> I participated in Idaho Lifespan Respite program, I was able to....  <i>Please place an "X" in the box that best represents your opinion to the following statements:</i>						<b>Now...after</b> I have participated in the Idaho Lifespan Respite program, I am able to...  <i>Please place an "X" in the box that best represents your opinion to the following statements:</i>				
Strongly Disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree		Strongly Disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree
					Find ways to pay for respite services.					
					Find someone to provide respite care.					
					Feel confident about the quality of care provided by respite provider.					
					Find ways to cope with the stress of caregiving.					
					Take care of my own health while providing care to another person.					
					Take time for myself without feeling guilty.					
					Manage burn out of caregiving.					
					Have confidence in my ability to continue to care for my loved one at home.					

# Consumer Directed Respite

## Results

- Over 100 caregivers
- All caregivers reported improvements in caregiving skills and confidence

# Consumer Directed Respite

## 54 and Younger Results (A Deeper Dive into the Data)

- Three Area Agencies on Aging expanded CDR
- 27% of CDR participants are 54 years of age or younger

Lessons Learned

# Data Needs and Considerations



# Data Needs and Considerations



What data is currently available?



How is program data currently stored and retrieved?



What are the expectations for documentation?



Would program staff benefit from training?

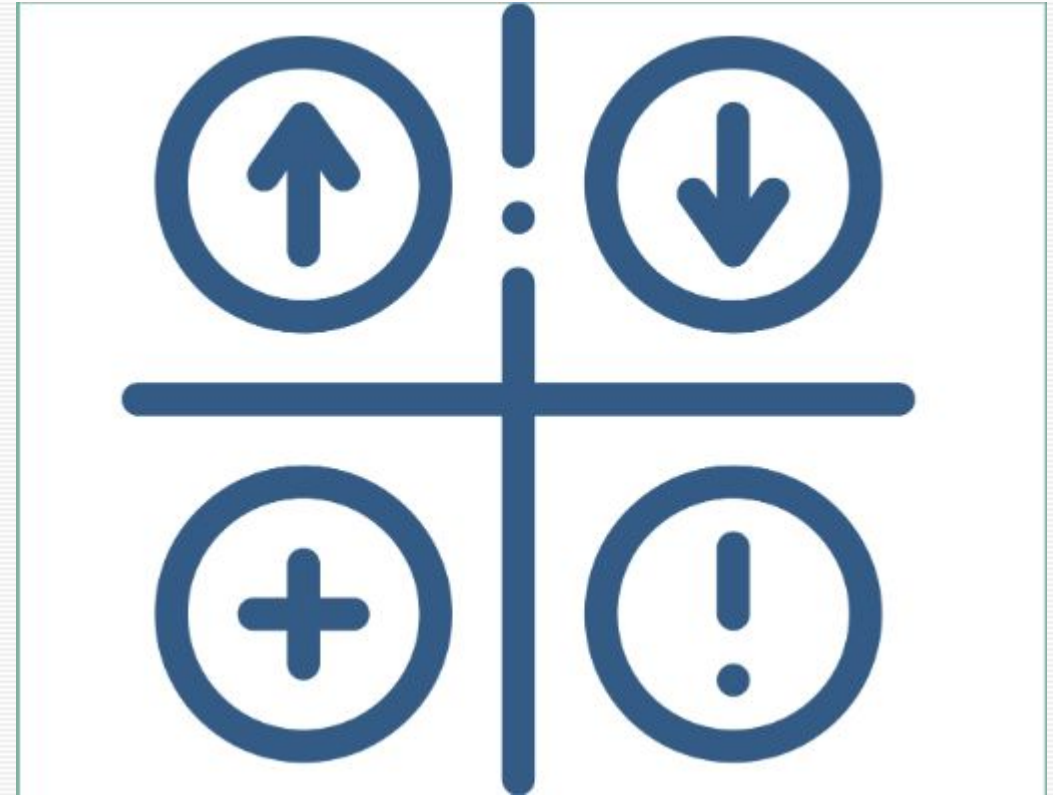


# SWOT Analysis





## SWOT Analysis: formative measurement



Focus: Implementation of the **Lifespan** Consumer-Directed Respite program for family caregivers through the local Area Agency on Aging (AAA).

## Strengths

? strengths of the AAA to deliver Lifespan Respite Services

Examples: designated staff, marketing capacity

## Weaknesses

? weaknesses of the AAA to deliver Lifespan Respite Services

Examples: services to a new population (lifespan), capacity, rural touchpoints

## ? Opportunities

Based on your knowledge of community organizations and supports, what are the opportunities for delivery of Lifespan Respite Services?

Examples: partnering with faith-based organizations, U of I Extension Service

## ? Threats

Based on your knowledge of community organizations and supports, what are the threats to the delivery of Lifespan Respite Services?

Examples: silos of service, overlap with existing services, skepticism

# SWOT Analysis of Area Agencies on Aging (AAA) and Implementation of Lifespan Consumer-directed Respite: South Central Region

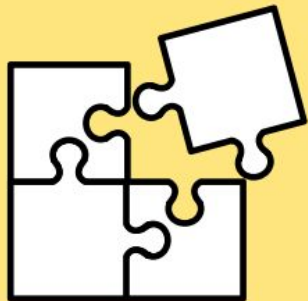
## STRENGTHS OF AAA TO IMPLEMENT RESPITE SERVICES:

- Known for taking care of people.
- Staff has experience with caregivers.
- Strong networking abilities.
- Has many community connections and available resources.



## WEAKNESS OF AAA TO IMPLEMENT LIFESPAN RESPITE SERVICES:

- Difficulty marketing to people that may not label themselves as a caregiver
- Lack of experience marketing to younger populations.
- Employees have limited time to dedicate to multiple ongoing programs.



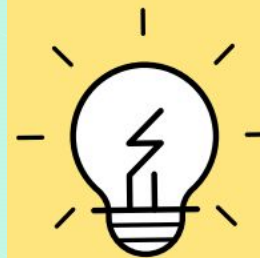
## OPPORTUNITIES FOR IMPLEMENTATION OF LIFESPAN RESPITE SERVICES:

- Partner with college programs and students provide respite to caregivers across the lifespan.
- Work with a variety of health care professionals (i.e., social workers, mental health counselors) to promote the program.
- Partner with community-based organizations (independent living centers, senior centers, etc.).
- Build on connections in rural communities.



## THREATS TO IMPLEMENTATION OF LIFESPAN RESPITE SERVICES:

- Insufficient resources (money and staff time) may limit ability to meet demand for program.
- Sustainability may require reallocation or generation of funds.



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# References for Retrospective Pretest Design

Drennan, J. & Hyde, A. (2008). Controlling response shift bias: the use of the retrospective pre-test design in the evaluation of a master's programme, *Assessment & Evaluation in Higher Education*, 33:6, 699-709, DOI: 10.1080/02602930701773026

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Questions?