Performance Measurement Learning Collaborative

December 15, 2022

Presenting

- From Idaho’s Lifespan Respite Program: Tami Cirerol, Hanna Scheuffele, and Dr. Sarah Toevs. *Retrospective Pre-Post Evaluation & SWOT Assessment*

- From Montana’s Lifespan Respite Program: Dr. Daniel Koltz, *The WHO5 tool for evaluating caregiver well-being*
Agenda

• Welcome and Introductions

• Evaluation tools used in the field. Guest presenters:
  - From Idaho’s Lifespan Respite Program: Tami Cirerol, Hanna Scheuffele, and Dr. Sarah Toevs. *Retrospective Pre-Post Evaluation & SWOT Assessment*
  - From Montana’s Lifespan Respite Program: Dr. Daniel Koltz
    *The WHO5 tool for evaluating caregiver well-being*

• Statistical Significance. What it means and how to calculate it. A demonstration

• Peer check-in and sharing
Idaho Measurements: Retrospective Pre-Post SWOT Assessment
Idaho Measurements: Retrospective Pre-Post SWOT Assessment

Tami Cirerol
Hanna Scheuffele
Dr. Sarah Toevs
Consumer Directed Respite

Program Objective:
Implement a respite program for caregivers who do not have access through public programs.
- Consumer Directed
- Statewide
Consumer Directed Respite

Program Components:
- Reimbursement voucher for respite services
- Up to $600 over a 6-month period
- Respite provider selected by the primary caregiver
- Budgeting is the responsibility of the primary caregiver
Consumer Directed Respite

Retrospective Pre-Post Assessment
- Developed specifically for program
- Administered at the end of the 6-month period
Before I participated in Idaho Lifespan Respite program, I was able to...

*Please place an “X” in the box that best represents your opinion to the following statements:*

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neither agree or disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
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Now...after I have participated in the Idaho Lifespan Respite program, I am able to...

*Please place an “X” in the box that best represents your opinion to the following statements:*

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<th>Strongly Disagree</th>
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- 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.

Evaluation continues on the next two pages.
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
Focus: Implementation of the *Lifespan* Consumer-Directed Respite program for family caregivers through the local Area Agency on Aging (AAA).
<table>
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<tr>
<th>Strengths</th>
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<tr>
<td>strengths of the AAA to deliver Lifespan Respite Services</td>
<td>weaknesses of the AAA to deliver Lifespan Respite Services</td>
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<td>Examples: designated staff, marketing capacity</td>
<td>Examples: services to a new population (lifespan), capacity, rural touchpoints</td>
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<th>? Opportunities</th>
<th>? Threats</th>
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<tr>
<td>Based on your knowledge of community organizations and supports, what are the opportunities for delivery of Lifespan Respite Services?</td>
<td>Based on your knowledge of community organizations and supports, what are the threats to the delivery of Lifespan Respite Services?</td>
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<tr>
<td>Examples: partnering with faith-based organizations, U of I Extension Service</td>
<td>Examples: silos of service, overlap with existing services, skepticism</td>
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SWOT Analysis of Area Agencies on Aging (AAA) and Implementation of Lifespan Consumer-directed Respite: South Central Region

**OPPORTUNITIES FOR IMPLEMENTATION OF LIFESPAN RESPITE SERVICES:**
- Partner with college programs and students to 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.

**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.

**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


Questions?
Overview. The World Health Organization- Five Well-Being Index (WHO-5) is a short self-reported measure of current mental wellbeing. The measure was first introduced in its present form in 1998 by the WHO Regional Office in Europe as part of the DEPCARE project on well-being measures in primary health care. www.corc.uk.net
What statistics *about my data are important for me to understand*?

- \(N\) — the number of responses
- **Mean** — the mathematical average
- **Median** — the middle value (half of the values were larger than the median and half were smaller.
- **Standard deviation** — How much spread is there in the responses from the mean?
<table>
<thead>
<tr>
<th>Participant ID</th>
<th>I know how to help my child learn.</th>
<th>I stay calm, even when my child tests his limits.</th>
<th>Reading to my child is part of our daily routine.</th>
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**N**
The number of responses

**Mean**
The mathematical average of the responses

**SD (Standard Deviation)**
The average spread from the mean

**Median**
Half were at or above this number, half below
Standard Deviation (sd)

- How much spread is there in the responses?
- 68% of scores will fall within 1 sd of the mean
- Low sd = Each score tends to be near the average.
- High sd = Scores are spread over a large range.
Standard Deviation: Why does it matter?

Average = 4.00

N = 42  mean = 4.00  sd = 2.5
Statistical Significance

Why does it matter?

- Statistical Significance tells us if a difference in two sets of scores is due to chance or not.
- ‘Significant’ differences are most likely to be ‘real’ differences.
- Generally, two sets of scores are considered statistically significant if there is less than a .05 probability the differences were due to chance.
A t-test reveals *whether two sets of numbers are statistically different.*

The $p$ value indicates the probability that chance or errors created the difference.

A difference is significant when $p \leq .05$

$p = .05$ means there is a 5% chance results are due to chance.

The lower $p$ is, the more significant the difference.
How do you find if you have statistically significant evaluation results?

Statistical tests using Excel. formula: ttest or t.test. Choose 2 tail, type 1

Free Online statistical calculators. Two of many are:

- [https://www.graphpad.com/quickcalcs/ttest2/](https://www.graphpad.com/quickcalcs/ttest2/)
- [https://www.socscistatistics.com/tests/studentttest/default2.aspx](https://www.socscistatistics.com/tests/studentttest/default2.aspx)

Getting professional evaluation help
Statistical significance *does not always equal clinical or “real world” significance.*

A 10% improvement in symptoms of depression may be “statistically significant” but the individuals may still be clinically depressed.

Going from drinking 24 beers a day to drinking 20 beers a day may be statistically significant, but the drinker still has a substantial problem.
Open Discussion

• Discussion: Learning Collaborative participants’ updates/challenges/successes regarding evaluation activities.

• Future plans for the Performance Measurement Learning Collaborative