

Data Highlights: Eden at Home Pilot Project

The AARP Arkansas State Office was chosen as the location for an Eden at Home/AARP collaborative pilot that began in Fall 2005 and concluded in Fall 2007. The focus of the pilot was *Eden at Home: Creating Quality of Life for Care Partner Teams*, the general version in the Eden at Home Series. This project utilized a volunteer trainer format, as AARP has a well-developed volunteer network, many being former educators. Our evaluation process included these components:

- Participants completed pre-test before each care partner workshop
- Participants were post-tested at 3 and 6 months after workshop completion

In our post-testing process, we were looking for evidence of these transformation measures:

- Application of new tools and ideas learned at the workshops
- Expansion of support networks for participating care partners
- Positive shifts in relationships w/ other care partners, including elder care partners
- Positive shifts in their own outlook, perspective, attitudes, and well-being

Overall Impressions

Two in three participating care partners said the training was extremely or very useful through **three-month** post-test period.

Seven in ten participating care partners said training was extremely or very useful through **6-month** post-test period.



Application of new tools & ideas learned at workshop

Six in ten participating care partners have utilized new tools, maintained over time through six month post-test period.

Two in three participating care partners have implemented a new concept, also maintained over time through six month post-test period.

Expanding support networks

Four in ten participating care partners stayed in contact and shared experiences with someone from their workshop regularly (informal buddy system), maintained over time through six months.

One in four participating care partners expanded their care partner team, also maintained over time through six months.

Two in ten participating care partners attended a scheduled care partner gathering through **three** months.

One in three participating care partners attended a scheduled care partner gathering through **six** months.

Positive changes in relationships with other care partners (including the Elder care partner)

Over half of the participating care partners have seen positive changes in their relationships with their Elder care partner, maintained over time through **six** months.

Seven in ten participating care partners have seen positive changes in relationships with other family members, maintained over time through **six** months.

Positive changes in self

Over eight in ten participating care partners felt they had grown as a person, maintained over time through **six** months.

Eight in ten participating care partners felt they had changed their outlook on giving and receiving care, maintained over through **six** months.