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Q1: Name of your organization. Inland Caregiver Resource Center

Q2: Grant # 20130697

Q3: Grant Period November 1, 2013 to April 30, 2015

Q4: Location of your organization

City Colton

State California

Q5: Name and Title of person completing evaluation. Carmen Estrada, Executive Director

Q6: Phone Number: 909-514-1404 ext. 119

Q7: Email address. carmene@inlandcaregivers.org

PAGE 2: Key Outcomes and Results

Q8: Total number of clients served through this grant funding: 110

Q9: Describe the project's key outcomes and results based on the goals and objectives:

ICRC's ultimate goal for the Family Bereavement program was to provide family caregivers with the tools to cope with grief and loss before, during, and after the passing of the loved one they are caring for. The following are the objectives the agency had to meet this goal along with desired and actual outcomes.

Objective 1: Introduce 25-50 family caregivers caring for a loved one with a dementia related illness to the topic of Ambiguous Loss within the 2013-2014 fiscal year.

Desired Outcome 1: 25-50 family caregivers will learn something new to help them cope with the dementia related diagnosis of their loved one. Surveys will be handed out at each course to measure what clients learned.

Actual Outcome 1: A total of 84 family caregivers participated in the Ambiguous Loss workshop. Of all clients that participated, ICRC received a total of 80 surveys back. Of those that completed the survey 73 stated they learned something new with regards to how to cope with the diagnosis of their loved one through the knowledge acquired of Ambiguous Loss. The Desired Outcome was surpassed.

Activities Completed: ICRC conducted classes on Ambiguous Loss in the following cities: Riverside (2), San Bernardino (2), Upland, Colton, Murrieta, Perris, Victorville, Hemet, and Fontana. Initially ICRC was only planning to conduct the workshop four times, but because of interest and the extension allotted, the agency conducted it 11 times.

Objective 2: Introduce 25-50 family caregivers with the topic of Anticipatory Grief within the 2013-2014 fiscal year.

Desired Outcome 2: 25-50 family caregivers will learn something new to help them cope with the terminal diagnosis of their loved one. Surveys will be handed out at each course to measure what clients learned.

Actual Outcome 2: A total of 72 family caregivers participated in the Anticipatory Grief workshop. Of all clients that participated, ICRC received a total of 66 surveys back. Of those that completed the survey 61 stated they learned something new with regards to how to cope with the diagnosis of their loved one through the knowledge acquired of Anticipatory Grief. The Desired Outcome was surpassed.

Activities Completed: ICRC conducted classes on Anticipatory Grief in conjunction with the class on Ambiguous Loss in the following cities: Riverside (2), San Bernardino (2), Upland, Colton, Murrieta, Perris, Victorville, Hemet, and Fontana. Initially ICRC was only planning to conduct the workshop four times, but because of interest and the extension allotted, the agency conducted it 11 times.

Objective 3: Introduce 25-50 family caregivers with Bereavement Support Groups and counseling within the 2013-2014 fiscal year.

Desired Outcome 3: 25-50 family caregivers will work through the grief and loss process by participating in a Bereavement Support Group or receiving counseling. Questionnaires will be handed out at the end of each eight week bereavement support group or counseling session to measure depression levels.

Actual Outcome 3: A total of 26 family caregivers that had recently lost their loved one worked through their grief and loss by participating in the 8 week Bereavement Support Group. Of the participants, 6 pursued individual short term counseling.

Activities Completed: An eight week Bereavement Support Group was conducted in the cities of Rialto, Riverside, and Hemet. The individual counseling provided occurred at the ICRC office in Colton. The Desired Outcome was met.

Q10: Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

ICRC experienced two challenges which resulted in a request to have the grant extended through April 30, 2015. The agency took more time than anticipated in establishing the curriculum for the workshops which resulted in a late start. In addition one of three Cal State San Bernardino Social Work Student Interns that were going to help with the program took a leave of absence from school. As a result more time was needed to complete the established program.

Q11: How did you overcome and/or address the challenges and obstacles?

The agency was able to overcome these minor setbacks by recruiting another intern through the Cal State San Bernardino Department of Public Health which began their internship Winter Quarter (January). Due to the late start in program implementation the agency opted to conduct both Anticipatory Grief and Ambiguous Loss workshops on the same day instead of two separate days.

Q12: Describe any unintended positive outcomes as a result of the efforts supported by this grant.

Once the agency started to offer the workshops, ICRC did not expect to get the number of family caregivers it did to participate in the Ambiguous Loss and Anticipatory Grief courses. The agency was asked by the Office on Aging to present on the topic at its Caregiver Symposium and clients attending ICRC support groups requested the topic be presented for them as well. By offering the classes on the same day the agency was able to offer each course 11 times instead of just 4. As a result more family caregivers got to benefit from the information being offered

Q13: Briefly describe the impact this grant has had on the organization and community served.

Because of the success of the program and the desire of clients to learn more about Ambiguous Loss and Anticipatory Grief, the agency is now working on developing an 8 week course on the topic which will include a counseling component. The topic has been embraced by staff, the agency board, and clients. Grant funds have helped the agency enhance the services available to family caregivers.

PAGE 3: Budget

Q14: Please provide a brief narrative on how the funds were used to fulfill grant objectives.

Funds were used to pay for personnel expenses associated with program facilitation, planning, counseling, and case management. The agency also used funds for outreach conducted, education supplies used to conduct the workshops, postage to mail fliers promoting the program, and printing costs associated with fliers used to promote the program. Funds were also used to pay for travel associated with program implementation and program evaluation. Attached you will find an expense report and fliers used to promote classes and support groups.

PAGE 4: Success Stories

Q15: Please relate a success story:

With something like grief and loss, it is hard to identify success stories. We are unable to change a diagnosis or prognosis, but we are able to help those going through a difficult time and be there for them as their caregiving journey comes to an end. Mrs. X is caring for her husband who has Alzheimer's. She has been caring for her husband for 6 years and has participated in several of ICRC's workshops. Recently her husband has been rapidly declining and is going through many emotions, but had not been able to identify what she was going through. She feels guilty for wanting her husband to stop suffering, she feels sad that he is no longer the man she married, and she regrets not being able to travel as they had planned. Mrs. X feels hopeless was showing signs of depression. She was introduced to the Ambiguous Loss and Anticipatory Loss classes to learn about grief and loss. She took both courses and stated that for the first time in months she feels hopeful because she is beginning to accept what she is going through as grief and loss. She has identified what has been "dragging her down" and can now take the proper steps to work through her emotions. Mrs. X also received individual counseling and feels ready to confront the next step in her caregiving journey.

Q16: Please relate a success story here:

Respondent skipped this question

Q17: Please relate a success story here:

Respondent skipped this question

PAGE 5: Organizational Information

**Q18: Which category best describes the organization.
Please choose only one.**

Senior Citizen Support,
Other (please specify) Family Caregiver Organization

Q19: What is the organization's primary program area of interest? Elder Care

Q20: Percentage of clients served through grant in each ethnic group category. Total must equal 100%

African American	15
Asian/Pacific Islander	0
Caucasian	55
Native American	0
Hispanic Latino	30

Q21: Approximate percentage of clients served from grant funds in each age category.

Children Birth-05 years of age	0
Children ages 06-12 years of age	0
Young Adults (18-24)	0
Adults	25
Senior Citizens	75

Q22: Approximate percentage of clients served with disabilities from grant funds.

No clients served with disabilities	0
Physically Disabled	55
Mentally/Emotionally Disabled	45

Q23: Approximate percentage of clients served in each economic group.

At/Below Poverty Level	100
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Q24: Approximate percentage of clients served from grant funds in each population category.

Families	100
Disabled	100
Ethnic Minority	55
Elderly	75
