



RTC:Rural

Research and Training Center
on Disability in Rural Communities

EXPANDING YOUR CONSUMER BASE USING TECHNOLOGY & ONLINE TOOLS

TANNIS HARGROVE, CASEY SCHMIDT & JOELL AUSTIN

WELCOME

THANK YOU

for joining us today!

INTRODUCTIONS

- Tannis Hargrove, Project Director for the RTC:RURAL, in Missoula, Montana
- Joell Austin, Independent Living Specialist, Wyoming Independent Living, Cheyenne, WY
- Casey Schmidt, Independent Living Specialist, Wyoming Independent Living, Laramie, WY

DISCLOSURE

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TODAY'S PRESENTATION

- Partners for Healthy Community Living (PHCL) Overview
 - What is Living Well in the Community?
- Project goals & vision
- How your CIL can get involved!
- Hear from Casey & Joell about their experiences and how they connected with their consumers from across their state online for a Living Well in the Community workshop





PARTNERS FOR HEALTHY COMMUNITY LIVING OVERVIEW



Purpose: To improve the health and community living capacity of rural people with disabilities.

Goal: Expand the delivery of Living Well in the Community, part of the Healthy Community Living (HCL) program, through online workshops hosted by CILs. We will support Centers for Independent Living (CILs) in building or growing their workshop programming to include Living Well in the Community, and allow them to reduce geographical barriers and transportation barriers by offering it online using the Zoom platform.

WHAT IS HEALTHY COMMUNITY LIVING?

- A series of group workshops for people with disabilities which include group discussions on topics relevant to their lives
- Facilitators present slides from the HCL website to consumer, either in-person, online or some combination of both
- Focuses on quality of life, building self-determination, relatedness, autonomy & supports
- Fosters peer connections in an independent living setting



WHICH PROGRAMS MAKE UP HEALTHY COMMUNITY LIVING?

- Includes two peer-led IL skills workshops & facilitator trainings for each program
 - Community Living Skills
 - Living Well in the Community
- Facilitating Group Training, intended to help IL staff bolster their facilitation skills or learn to facilitate groups effectively
- Working Well with a Disability will be added to Healthy Community Living in January 2021





WHAT IS LIVING WELL IN THE COMMUNITY?

- 11-week program within Healthy Community Living (HCL)
 - More information on please visit www.healthycommunityliving.com
- Focused on setting goals to improve overall quality of life and wellbeing
- Adapted from our workbook based program Living Well with a Disability
- Is facilitated from a website with program slides, videos, photos and more!
- It can be conducted in-person with a large screen, or online using Zoom, or some combination of both



LIVING WELL PARTICIPANTS:

- Identify what is meaningful to them and set a quality of life goals
- Learn to apply problem-solving skills and managing emotions like frustration and discouragement
- Discover tools and skills that can make goal achievement easier like communicating effectively and finding important resources
- Explore way to improve their overall health by changing daily habits
- Practice advocacy to help make changes to support them and others

LIVING WELL IN THE COMMUNITY WORKSHOP TOPICS

- Orientation
- Goal Setting
- Building Support
- Healthy Reactions
- Staying On Course
- Healthy Communication
- Seeking Information
- Eating Well
- Physical Activity
- Advocacy
- Maintenance





LIVING WELL IN THE COMMUNITY
WORKSHOP



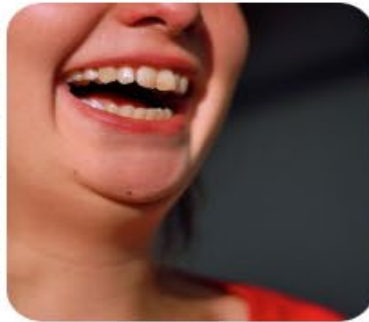
ORIENTATION



GOAL SETTING



BUILDING SUPPORT



HEALTHY REACTIONS



STAYING ON COURSE



HEALTHY COMMUNICATION



SEEKING INFORMATION



EATING WELL



PHYSICAL ACTIVITY



ADVOCACY



MAINTENANCE

ONLINE WORKSHOP DELIVERY

- With the onset of COVID-19, we shifted focus from in-person workshops to online workshops hosted on Zoom
- There are many online platforms available paid and for free that allow for presentation of workshop content including Google Meet, Microsoft Teams, and Zoom
- We suggested CIL partners make use of Zoom because we were familiar with the platform and were more able to support individuals in using Zoom for workshops
- Zoom also allows facilitators to play videos and include audio
- Living Well includes a mixed media content including videos

OUR CURRENT PARTNERS

- Wyoming Independent Living, Laramie, Wyoming
- Montana Independent Living Project, Helena, Montana
- Future Choices Inc., Muncie, Indiana
- Access II, Gallatin, Missouri
- Disability Partners, Asheville, NC

WYOMING IL STAFF, CASEY & JOELL, SHARE THEIR EXPERIENCES

- Casey and Joell are IL Specialists at Wyoming Independent Living
- They were the first facilitators within our project team to recruit consumers and conduct a Living Well in the Community workshop online with consumers from across Wyoming
- Casey and Joell also work in separate offices, so this provided them an opportunity to connect with each other and consumer within their service area
- They worked with a group of 10 consumers who used Ipads or their own personal computers to log onto Zoom and participate in an 11-week Living Well in the Community workshop
- They hosted workshop weekly with their group for 2 hours per week

PLEASE WELCOME CASEY & JOELL

- They will tell us about their experiences from start to finish facilitating Living Well in the Community together, from different offices in Wyoming, online using Zoom, with 10 consumers for 11-week program

RECRUITMENT & OUTREACH STRATEGIES

- Emailed flyers to current consumers and community partners
- Had other specialist in different programs tell people about the upcoming workshop
- Posted event on Facebook
 - Messaged interested parties
 - Most were not in Eastern Wyoming service area
- Phone & Zoom meetings with consumers

INTERESTED CONSUMERS

- Interested consumers emailed Casey & Joell
- Casey & Joell contacted each interested consumer individually
 - Relationship between facilitator and consumer set
 - Meaningful goal was set
 - Technology needs and training was established & set
 - Zoom training needs established & set

LESSONS LEARNED – PRE-WORKSHOP

- One-on-one phone calls from area Independent Living Specialists worked best for recruitment
- Casey took care of consumers who needed assistance with technology
 - Consumers had technology issues for 1/2 of the workshops
 - Should have spread the workload out
- Ipad loan program, Ipad set-up, mailing and training consumers on Ipads took more time than originally planned
- Technology training and Zoom training would have worked better in a group setting prior to the beginning of the workshop
- An alternative method (Google voice) set-up so if Ipad unavailable then consumer could use cell phone

LESSONS LEARNED – WORKSHOP

- Ground Rules, Housekeeping, Etiquette Rules
 - Set and send out with worksheet information
 - Go over rules at the beginning of ALL 11 weeks
- Switch Facilitator and Co-facilitator Roles
 - Switch every other week
 - Facilitator presents and runs the slides
 - Co-facilitator watches the group, answers questions, and troubleshoots technology

PRESENTER CONTACT INFORMATION

- Tannis Hargrove, RTC:RURAL, tannis.hargrove@mso.umt.edu
- Casey Schmidt, Wyoming Independent Living, cschmidt@wilr.org
- Joell Austin, Wyoming Independent Living, jaustin@wilr.org

BENEFITS OF INVOLVEMENT IN THE PARTNERS FOR HEALTHY COMMUNITY LIVING PROJECT

- If this project seems like a fit for your CIL join us!
- CILs involved in Partners for Healthy Community Living have weekly facilitator meetings, hosted by RTC:RURAL to discuss successes, challenges and provide peer support to one another
- CILs who join this project also get access to a Healthy Community Living license for FREE while they are involved in the project
- It's a great way to try something new, connect with consumers and develop your skills as a IL Specialist and workshop facilitator

INTERESTED IN GETTING YOUR CIL INVOLVED?



- Please join us! We are looking for more CILs to get involved and conduct Living Well in the Community workshop online using Zoom
- Contact Tannis Hargrove or Mary Willard and we will work with your CIL to begin onboarding for the Partners for Healthy Community Living Project
- Tannis Hargrove – tannis.hargrove@mso.umt.edu
- Mary Willard – molson.april@gmail.com
- For more information about Healthy Community Living or purchasing a license visit www.healthycommunityliving.com

Questions, Reactions, Comments?

