



Human Development Institute

**Health+Wellness**

Eat Well. Move More. Live Happy!

**Staying Apart Together Virtual Event**

**Evaluation Report**

The ‘Staying Apart Together’ virtual event was hosted by the Wellness Edge grant. Wellness Edge aims to increase the quality of engagement for individuals with paralysis and their support networks, including caregivers, family, and friends in recreational settings, and thereby improve health outcomes of not only the individual but also his or her support network by building capacity of local communities to enhance and facilitate access to recreational programs, so they might effectively serve individuals with paralysis and their support networks. The grant is funded by the Administration on Community Living (ACL). The project is housed at the Human Development Institute, University of Kentucky.

With many people in isolation due to the current COVID-19 pandemic, this virtual event was organized to create a platform that could reach people and provide ideas, resources, and activities that could be accessed from home, in an interactive environment with other attendees. The virtual event agenda was as follows – introduction by Dr. Kathy Sheppard-Jones (Executive Director, Human Development Institute) and Ms. Elizabeth Leef (ACL, grant project officer), Zumba, Yoga, Virtual Arts, Virtual Peer Meetings, and Instructions to Google Hangouts. Interspersed between each activity was quick group interactive polling.

A total of 350 individuals participated in the event through Zoom and YouTube Live; with approx. 200 individuals participating on YouTube Live and approx.150 individuals participating in Zoom. Individuals who attended the virtual event were asked to participate in a short evaluation. 100 individuals responded to the evaluation, with 20 respondents identifying that they had a disability, 6 respondents identifying that they were a family member or caregiver of a person with a disability, and the remaining 74 respondents not belonging to either of those groups.

This report is organized into six sections: Section 1 – Overall, Section 2 – Individuals with Disabilities, Section 3 – Family Members & Caregivers, Section 4 – Other Professionals, Section 5 – Individuals with Paralysis, and Section 6 – Support Networks. Section 4 includes individuals who identified themselves as professionals or paraprofessionals, classroom students, state partners (such as OVR, DAIL, DDID), community partners, or other. The responses for Section 5 and Section 6 include some overlap with previous sections, but were analyzed as distinct groups for those sections. There is also an appendix which includes all qualitative responses submitted by respondents.

## Section 1: Overall

Respondents were questioned about the event, rating their level of agreement with each item on a four-point Likert scale (1—Strongly Disagree, 2—Disagree, 3—Agree, 4—Strongly Agree). Overall, responses were high, with the lowest mean being equal to 3.27. The item that saw the highest level of agreement was “I would recommend this event to others,” (mean 3.34). Table 1 shows the breakdown of responses for all respondents.

**Table 1: Overall**

Please rate your level of agreement with each statement below.	n	Mean	Std. Dev.
I am very satisfied with the event.	100	3.27	0.78
I really enjoyed the event.	100	3.31	0.80
I would come again to a future virtual event like this.	100	3.32	0.79
I would recommend this event to others.	99	3.34	0.78

## Section 2: Individuals with Disabilities

Respondents were questioned about the event, rating their level of agreement with each item on a four-point Likert scale (1—Strongly Disagree, 2—Disagree, 3—Agree, 4—Strongly Agree). Overall, responses from individuals with disabilities were quite high, with every respondent choosing “Agree” or “Strongly Agree” for each item. Table 2 shows the breakdown of responses for individuals with disabilities.

**Table 2: Individuals with Disabilities**

<b>Please rate your level of agreement which each statement below.</b>	<b>n</b>	<b>Mean</b>	<b>Std. Dev.</b>
I am very satisfied with the event.	20	3.55	0.51
I really enjoyed the event.	20	3.55	0.51
I would come again to a future virtual event like this.	20	3.55	0.51
I would recommend this event to others.	20	3.60	0.50

### Individuals with Disabilities – Qualitative

Respondents were then asked qualitative questions about the event. When asked what their favorite part of the event was, many respondents mentioned the physical activities. One respondent said, *“the Zumba, yoga, and interactive polling questions,”* while another said, *“It is truly hard to pinpoint one. Each event was informative. From the Chair Zumba, Chair Yoga, the art event to eating right etc!”*

When asked what could be done to improve future virtual events, respondents had positive things to say about the event. Some respondents mentioned that it would be helpful to understand which projects were exclusive to KY residents, and while ones were available elsewhere. One respondent said, *“I know there was mention of the in person programs being for KY residents only and it sounded like some of the projects even in our ‘stay in place’ requirement are only for KY folks - like the arts project. The focus on KY makes sense given the grant, but it wasn't clear to me what offerings might continue to be done virtually and/or be open to people in other locations. I would love to promote future events like this but most of my outreach is in NY, NJ, Puerto Rico, and the US Virgin Islands.”*

When asked what resources would help respondents to stay healthy and well while coping with COVID-19, respondents had three suggestions. The first was a need to continue to reach out socially during isolation, *“Virtual social events would benefit a lot of people that I know, although some do not have access to internet.”* Other respondents mentioned that any resources on how to stay healthy as medical supplies begin to drop in supply would be helpful, *“I would say due to the lack of stocking shelves the items we need to stay healthy isn't always available. I would say maybe recipes that would have the basic essentials that many of our consumer's would have on hand.”*

All responses to the qualitative questions are included in Appendix A.

### Section 3: Other Professionals

Respondents were questioned about the event, rating their level of agreement with each item on a four-point Likert scale (1—Strongly Disagree, 2—Disagree, 3—Agree, 4—Strongly Agree). Responses showed high levels of agreement, with all items receiving a mean score between 3.20 and 3.27. The item with the highest agreement was “I would recommend this event to others” (mean 3.27). Table 4 shows the breakdown of responses for other professionals.

**Table 4: Other Professionals**

Please rate your level of agreement which each statement below.	n	Mean	Std. Dev.
I am very satisfied with the event.	74	3.20	0.84
I really enjoyed the event.	74	3.24	0.87
I would come again to a future virtual event like this.	74	3.26	0.86
I would recommend this event to others.	73	3.27	0.85

#### Other Professionals – Qualitative

Respondents were then asked qualitative questions about the event. When asked what their favorite part of the event was, many respondents mentioned the variety of activities and the interactivity of the presentation. *“I liked that it was interactive. The quizzes and the exercise movements. Not just talking,”* said one respondent, while another said, *“I like how the event demonstrated adaptive ways/provided resources for individuals with disabling conditions to be active and artistic during this time of isolation.”*

When asked what could be done to improve future virtual events, many respondents said that the session went very well. One respondent said, *“Not a thing- I think we all are just getting used to ZOOM'ing multiple times a day and it is becoming 'the norm' sadly--so I say let's use it 'for good' such as today's webinar to bring us together.”* Some respondents mentioned that events should be as interactive as possible, *“I like interacting instead of just listening.”* Finally, while many respondents were understanding of technology issues that occurred, there were comments that hopefully these problems could be sorted out. *“Maybe prepare for large crowds, especially if people are still on lockdown! :) I was not able to access the chat because I didn't have a google account, or whatever was required,”* said one respondent, while another said, *“It would help if everyone could smoothly transition and learn to work the platforms better. This was super distracting but it still was great.”*

Finally, when asked what resources would help respondents to stay healthy and well while coping with COVID-19, many respondents said that resources for both physical and mental wellness would be helpful. *“I received great ideas to stay healthy from the webinar and will use these ideas to stay healthy,”* said one respondent about physical health, while another said, *“Need to find ways to be more committed to some sort of fitness routine at home while I'm working.”* About mental wellness, one respondent said, *“Uplifting activities. Humor. Activities for those without the internet,”* while another said, *“I think for me the primary resource is virtual contact with others. That has been invaluable.”*

All responses to the qualitative questions are included in Appendix A.

### Section 3: Support Networks

Respondents were questioned about the event, rating their level of agreement with each item on a four-point Likert scale (1—Strongly Disagree, 2—Disagree, 3—Agree, 4—Strongly Agree). Overall, responses from individuals in support networks were high, with the lowest agreement being a mean of 3.11. The highest level of agreement was seen for the item “I would recommend this event to others” (mean 3.28). Table 6 shows the breakdown of responses for support networks. It should be noted some that some of the respondents who identified as a support network also identified as family member or caregiver.

**Table 6: Support Networks**

<b>Please rate your level of agreement which each statement below.</b>	<b>N</b>	<b>Mean</b>	<b>Std. Dev.</b>
I am very satisfied with the event.	18	3.11	0.96
I really enjoyed the event.	18	3.17	0.92
I would come again to a future virtual event like this.	18	3.22	0.94
I would recommend this event to others.	18	3.28	0.96

#### Support Networks – Qualitative

Respondents were then asked qualitative questions about the event. When asked what their favorite part of the event was, responses were varied. Some respondents mentioned that just having a space to learn how others cope helped them *“The sharing of the lived experience with the science of trauma.”* Some respondents mentioned the different events, such as the art class or the healthy eating presentation. One respondent said, *“Where they talked about the art for individuals, no matter what their needs may be,”* while another said, *“Info on healthy eating and diet with the importance of cleaning practices.”*

When asked what could be done to improve future virtual events, many respondents said that they couldn’t think of ways to improve the event. One respondent said, *“Nothing!! You ACED IT!”* Some respondents did wish for more interactivity, *“More Q & A and more participant input of methods being used in their communities.”*

Finally, when asked what resources would help respondents stay healthy and well while coping with COVID-19, some respondents mentioned the resources that had been made available during the webinar. One respondent said, *“The wealth of resources for the first part of the webinar were extremely helpful. Our CIL has a Self-Advocacy workshop on Google Hangouts this upcoming Friday and I will share these resources.”* Other respondents mentioned that a set schedule and motivation were important. *“Mental health - managing anxiety, balancing info/media,”* said one respondent, while another said, *“Stay motivated and following guidelines established each and every day.”*

All responses to the qualitative questions are included in Appendix A.

## Appendix A: Qualitative Responses

What was your favorite part of the event?

- the presentation on adaptive art
- adaptive chair yoga
- Dancing
- I came in late to the event so missed the first 20 minutes or so, So i dont think i can offer a good opinion on this, i would like to see the full recording if or when available
- The first half was more relevant to the information that could best benefit me and the consumers that I serve.
- Diversity!
- Doing the exercise with Lindsey. And Shane. <smile>
- the interactive questions.
- The Zumba & Yoga presentations, Google groups
- the Zumba, yoga, and interactive polling questions
- physical activities
- The videos--yoga, zumba, art
- Yoga and Art
- It is truly hard to pinpoint one. Each event was informative. From the Chair Zumba, Chair Yoga, The art event to eating right etc.!
- Yoga
- "The information provided and the enthusiasm"
- Loved all of the resources and the reminder of how important our wellness and the wellness of those that we work with is.
- learning new resources
- Gathering Strength
- The person who model the exercise.
- being able to hear about different ways to cope
- Lindsey's part
- how organized it was
- Multiple presenters on various topics all related to health.
- The art class
- demonstrations
- Chair zumba
- I enjoyed Liz Fust's presentation and the drawing demo (by Abby).
- The constant interaction and speaking on the subject matter
- Chair exercise, Art program, Google instruction
- Gathering Strength yoga, Lindsey's Zumba, and the art focus; really liked the polling activities
- Nice variety
- Learning about ways that the community is seeking to engage people despite the social distancing going on.
- "I liked that it was interactive. The quizzes and the exercise movements. NOt just talking"
- Where they talked about the art for individuals, no matter what their needs may be.

- Yoga
- Just knowing you can work through almost anything.
- The sharing of the lived experience with the science of trauma.
- Chair zumba demonstration
- The Art presentation
- The demonstrations.
- Hearing from the self-advocate about health and nutrition, the exercise demos and the resources provided.
- Yoga
- The videos with interactive participation
- I liked all of the information and resourced provided.
- The interactive responses sent through PollEverywhere.com
- The dancing! I would like to get a hold of that segment to share with others in my office!
- I really needed the yoga/deep breathing to improve air flow.
- The chair zumba. Excellent mid-day break to get the heart pumping.
- Learning exercises
- new ideas and how to include everyone
- Having a panel of presenter on a wide variety of topics
- The ideas and potential solutions to one's circumstances
- The speakers were very knowledgeable
- art section
- Virtual Art with Josh Miller, Highly Interested in learning more. Will be following Ideas XLab and their efforts. Also enjoyed the Google Hang Outs presentation - I really enjoyed it all and learned something from each portion
- The activities that consumers participated in
- The chair Zumba
- info on healthy eating and diet with the importance of cleaning practices
- Physical activity sessions.
- different speakers
- The nutritional portion.
- IdeasXLab, Center for Independent Living
- The art
- I liked that the presenters were so involved in their projects and programs. They didn't just sit/there and talk about them like an observer.
- Gathering Strength, Inc presentation
- the demonstrations of how the various activities can be done virtually
- I like how the event demonstrated adaptive ways/provided resources for individuals with disabling conditions to be active and artistic during this time of isolation.
- Just the different speakers and demonstrations
- Zumba, questions with responses, google hangout, services available. Interested in the art sessions, but do not live in KY
- Learning about the initiatives at the CIL, "virtual coffee breaks"

- The use of technology and how all these things were able to come together to show us visually how we can continue to help folks in our community better.
- practical tips
- I really appreciated the variety of topic areas covered (exercise, nutrition, artwork, connectivity, etc.) - this was a comprehensive presentation.
- Interactive portions; positive attitudes and genuineness of the presenters.
- the event was fun and informative
- Zumba
- Zumba....or should I say ZOOMba #(working)MomJoke
- nothing. At one point there were two voices talking at the same time, and I couldn't figure out how to make it stop, so I finally left.
- The demonstrations.

What can we do to improve future virtual events?

- You did well!
- try to use one platform
- This was put together pretty well. I do not have any suggestions at this time
- More Q & A and more participant input of methods being used in their communities.
- You did a pretty good job! There will always be a few hiccups, but considering the amount of people presenting, you did a great job.
- The videos that presenters showed were difficult to see due to quality I think. No ones fault, and I don't know if there is really a way to improve o that, but that was the only thing I noticed .
- I know there was mention of the in person programs being for KY residents only and it sounded like some of the projects even in our "stay in place" requirement are only for KY folks - like the arts project. The focus on KY makes sense given the grant, but it wasn't clear to me what offerings might continue to be done virtually and/or be open to people in other locations. I would love to promote future events like this but most of my outreach is in NY, NJ, Puerto Rico, and the US Virgin Islands.
- not have the check ins
- List of resources or links to featured activities/resources
- Have presenters from different states
- Nothing!! You ACED IT!
- Go slower explaining the text interaction part because it seems lots of folks that wanted to participate in that used the chat box to type their answers. But it still worked really well because there were so many participants in the meeting. Thank you.
- You are doing well
- Nothing
- Not sure if this was recorded, but if not that would have been helpful. I had kids that went down for nap late and I missed part of it.
- better prepared for larger turnout
- Stay at home exercises, more healthy eating,
- Make the power point larger.



- not sure - i thought today's event was satisfactory
- I like interacting instead of just listening.
- I'd like to do more of the yoga and zoomba activities
- My suggestion is to develop learning objectives at the start of the presentation or overarching goals, as well as more continuity between the segments. Thanks!
- Given the number of speakers and topics, it went extremely well.
- Can't think of any improvements. It was great!
- This is the first one that I have attended, not sure what all is out there.
- Make the session longer.
- It was great! Thanks for hosting this.
- you can add an assisted meditation section
- Maybe prepare for large crowds, especially if people are still on lockdown! :) I was not able to access the chat because I didn't have a google account, or whatever was required.
- Separation of topics to provide expanded info.
- Have more with a different agenda.
- I thought it went well.
- technology hiccups
- Great event! Thank you for sharing!!
- technology
- Would love some "how to" events similar to the Google Hang Outs
- Shorten it to 60 minutes
- More visual pictures on the slides.
- The presentation would be different if the presenters did not have to work from home; not their fault.
- Send an email with the links for the different organizations who presented.
- Maybe it could be a little more interactive.
- not a thing- I think we all are just getting used to ZOOM'ing multiple times a day and it is becoming 'the norm' sadly--so I say let's use it 'for good' such as today's webinar to bring us together.
- The text feature did not work for the polls, however, the website provided did work for me.
- It was perfect! Congratulations on having so many participants!
- Nothing at this time. Hiccups with transitioning from one person to the next is to be expected. Lots of uncharted waters
- I work at a CIL and the description of the webinar made it seem that I would learn how to implement virtual socialization opportunities for others. I appreciate the chance to participate however, the description was misleading
- It would help if everyone could smoothly transition and learn to work the platforms better. This was super distracting but it still was great.
- Some of the transitions with sound could be revisited (but this was not a problem - especially with how quickly this presentation was put together by the organizers).
- All well done!
- glitchy between speaker transitions, but understandable

What resources would help you stay healthy and well during this time when we are coping with COVID-19?

- stress relievers, social connection
- chair yoga, art, and virtual social gatherings
- Thinking about consumers and what might help them out in this time maybe just a list of virtual activities, suggestions for outdoor activities, possibly a newsletter or sent out activity packets adult with coloring pages, word searches, crossword puzzles and/or other activities.
- The wealth of resources for the first part of the webinar were extremely helpful. Our CIL has a Self-Advocacy workshop on Google Hangouts this upcoming Friday and I will share these resources.
- ACL website
- Going to look up some youtube videos for yoga practice!
- I can't think of any off the top of my head right now. The one given were excellent for Lexington, Louisville and Northern KY have a lot of Resources. I would like to see more resources like the ones highlighted today from the Western Kentucky.
- Virtual social events would benefit a lot of people that I know, although some do not have access to internet.
- How to get medical supplies - supplies have been cut
- I would say due to the lack of stocking shelves the items we need to stay healthy isn't always available. I would say maybe recipes that would have the basic essentials that many of our consumer's would have on hand.
- The abundance of information available related to Coronavirus can be dizzying at times when sifting through it all, so summarized lists of crucial resources, with options for additional information and related links might be helpful to people.
- Food available
- Exercise
- Fitness and information about isolation
- What you shared was great!
- Yoga, Exercise, Support, Nutrition, Therapy, dog, daily positive reads
- inspiring online classes
- Yoga
- getting more exercise
- Specific things to do for mental health and exercise
- Stress reduction and improving mental health.
- As one of the speakers mentioned to continue practice cleanliness and sanitation while eating healthy (don't wash fruit and vegetables with soap)
- There's already a wealth of information out there-can't think of where there's a gap at this time.
- I don't need any additional resources at this time. Thank you.
- Food safety
- Uplifting activities. Humor. Activities for those without the internet
- not sure, still working from home.

- I received great ideas to stay healthy from the webinar and will use these ideas to stay healthy.
- Knowing i can talk with someone that is not a family member or friend. There would be no judgments about my stressors.
- Activities to do with children.
- Events like this, where I can get ideas and learn new ways of doing things.
- The self-help tools re: exercise and nutrition are great. Perhaps more about how peer support can help build resilience in people during this pandemic would be a good topic.
- I think for me the primary resource is virtual contact with others. That has been invaluable.
- Yoga would help with more frequent movement.
- Interactive activities that make you really feel like you're with others.
- Activities to keep the spirit up!
- Additional events like this that let us know what is out there.
- stay motivated and following guidelines established each and every day
- continued information on resources to pass along to members I help serve
- More virtual resources if possible
- Encouraging information and inspirational stories
- There are multiple resources that can be used. Hand washing, food prep, fruit washing, ordering food online, etc
- masks for everyone
- Need to find ways to be more committed to some sort of fitness routine at home while I'm working.
- mental health - managing anxiety, balancing info/media
- I have resources
- More use of humor
- The nutritional advice.
- Phone counseling- for mental health, and also for navigating the different systems (unemployment, food support, etc.)
- These virtual meetings are great.
- Exercise videos for those of us who are overweight that are being done by people who are overweight. So we can see how to exercise safely and still get benefit from it.
- '- not having my "working remotely" office in the kitchen (hence- I need a lock on the frig and bread drawer). So, I do not think you can help me with my lack of willpower=( but it helps being online with lots of others "in the COVID boat" of Shelter in Place, to know we all 'deal' in various ways, and need each other for finding a 'happy place' mentally.
- I have also been using on-line work-ins and yoga,
- I especially enjoyed the adaptive zumba, yoga, and art portions of this webinar. These resources will help my community and family members stay healthy and well during this time.
- talking to people and exercising
- Knowing how to link folks to resources like this. Dealing with the aging population that also has disabilities it proves to be difficult getting them the help they need.
- easy recipes
- Exercise videos, social connectivity, activities to explore online, and how to secure stimulus checks from the CARES Act.

- Yoga and mindfulness exercises
- events like this, make the work day easier/more fun/normal
- Up to date information on ways to deal with multi-tasking, taking care of mental and physical health.
- Access to on-line platform evidence-based health and wellness programs and socialization.
- Reliable sources