



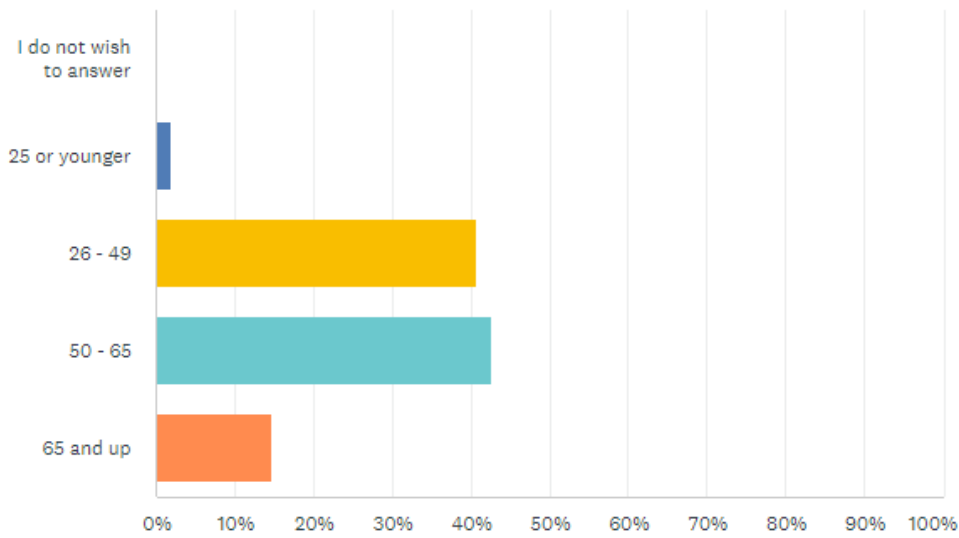
Respitality

SURVEY & FOCUS GROUP RESULTS 2022

Focus groups occurred virtually on May 31, 2022, June 1, 2022, and June 6, 2022 with a total of 18 participants contributing. Those participating in the focus groups were encouraged to complete the online survey. The survey was open from May 26, 2022 to June 16, 2022 with 54 responses.

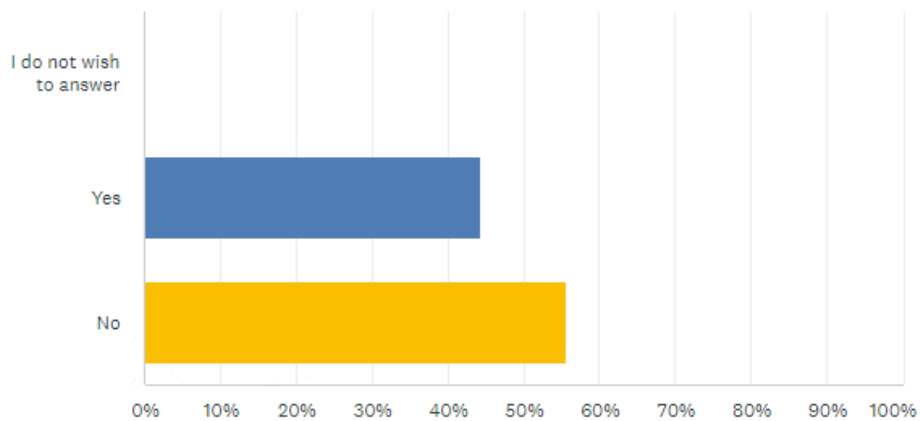
Q1: Please select your age-range.

Answered: 54 Skipped: 0



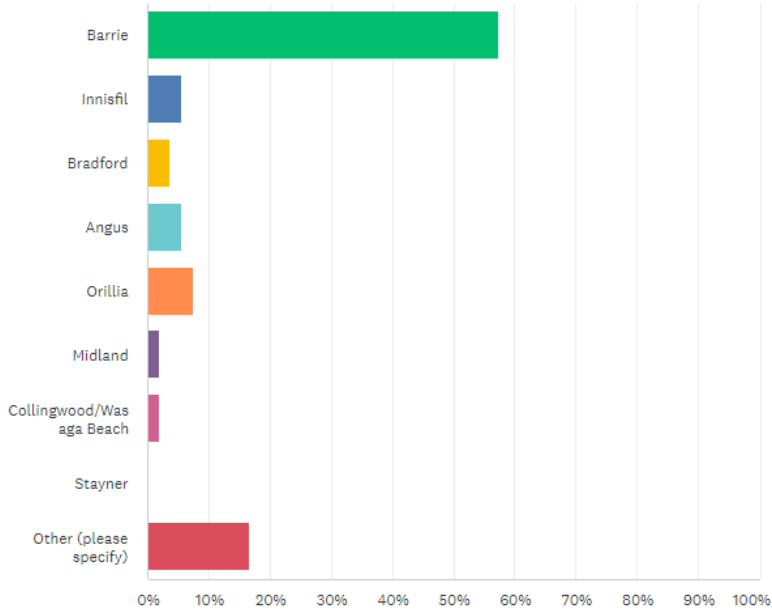
Q2: Are you a sole caregiver?

Answered: 54 Skipped: 0



Q3: Which area of Simcoe County do you live in?

Answered: 54 Skipped: 0

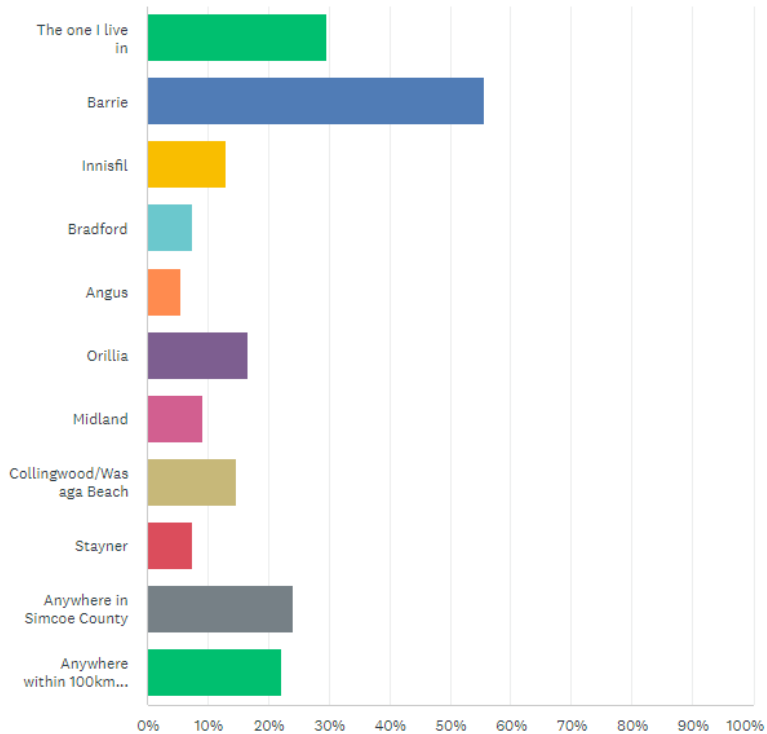


Responses for "other":

- Oro Medonte
- Tiny
- Between Orillia and Coldwater
- Springwater/Midhurst
- Severn Township
- Midhurst
- Alliston

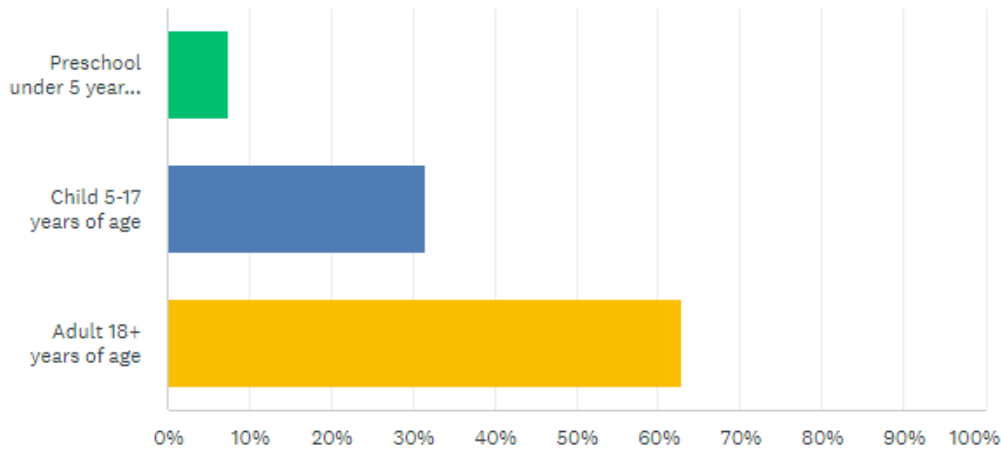
Q4: What communities would you prefer for your Respitability Experience?

Answered: 54 Skipped: 0



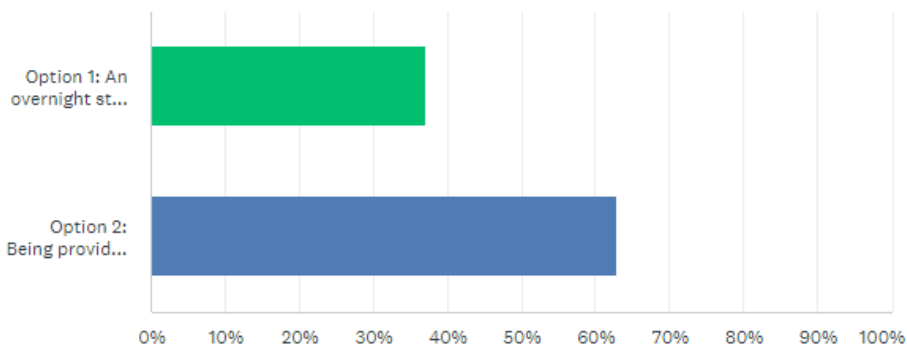
Q5: Age of the person(s) you provide full-time live-in care for that has been diagnosed with an Intellectual Disability or, if under age5, Global Developmental Delay. (select all that apply)

Answered: 54 Skipped: 0



Q6: We would like to create different opportunities for Caregivers to experience Respite. Please share what option you feel would best suit your needs.

Answered: 54 Skipped: 0



Q7: Please rate the following experiences on a scale of 1-6, 1 being the most meaningful, 6 being the least meaningful. We welcome your own suggestions in the following question.

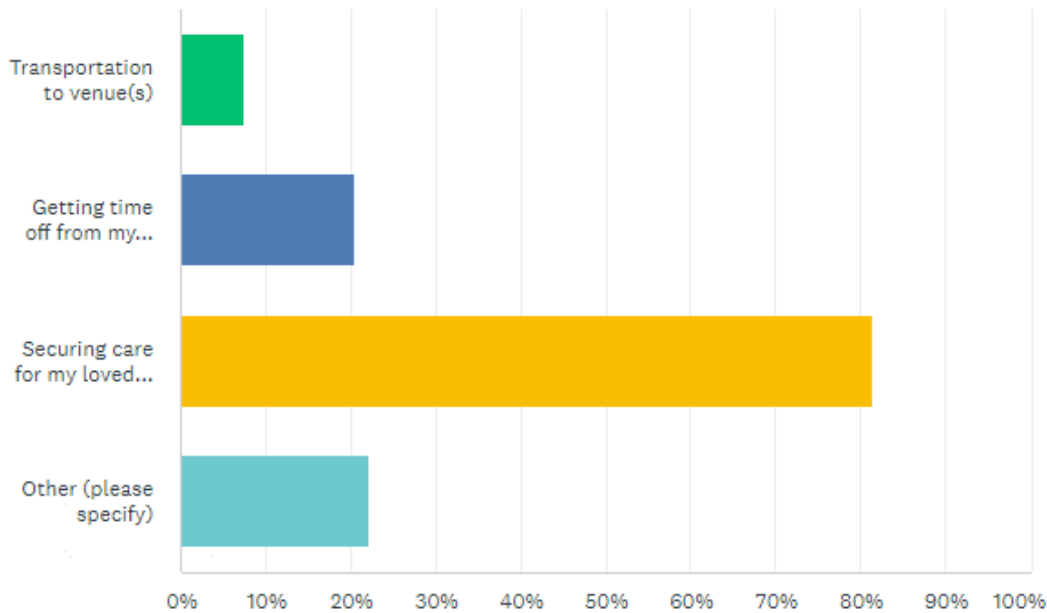
	1	2	3	4	5	6	TOTAL
Overnight stay	37.04% 20	3.70% 2	11.11% 6	14.81% 8	16.67% 9	16.67% 9	54
Dining	20.37% 11	29.63% 16	20.37% 11	5.56% 3	12.96% 7	11.11% 6	54
Recreational (Golf, theatre, cineplex, sports, museum, concert etc.)	9.26% 5	24.07% 13	31.48% 17	14.81% 8	14.81% 8	5.56% 3	54
Spa/Wellness Services	22.22% 12	14.81% 8	20.37% 11	16.67% 9	9.26% 5	16.67% 9	54
Fitness (gym membership, yoga, fitness classes/personal trainer)	5.56% 3	14.81% 8	7.41% 4	18.52% 10	20.37% 11	33.33% 18	54
Seasonal community attractions	5.56% 3	12.96% 7	9.26% 5	29.63% 16	25.93% 14	16.67% 9	54

Q8: Is there an experience no listed above that you feel would be meaningful?

- | | |
|---|---|
| <ul style="list-style-type: none"> • Training Seminars (art classes, financial help, music lessons). Ways to increase knowledge and learn about a topic • Maybe glamping • Weekend away for my son - respite house • Four wheeling trips • Dinner cruises. • Home services, shopping, cleaning. • Nails and hair done • Float spa, manicure pedicure • Camping • A day trip like a bus trip to a theatre performance in Toronto. • Being able to take a holiday for more than 1 night • No. I feel the need for complete breaks. • A drop off day program for our disabled family member would be top of my list | <ul style="list-style-type: none"> • Horseback riding/trail rides, guided outdoor tour, kayaking/canoe • We just need time to go and do the things we love to do. • Retreat: quilting, scrapbook, yoga, meditation, comedy, spa, fishing, birding...with a group of other parents. Hopefully with our people nearby so we're not spending the whole time worrying about them. I'd love a weekend of crafting, with my son in the same area with someone else facilitating his recreation. Please!! I don't need to go away, I just need to not be the chief entertainment provider. I miss doing things for me. Even a weekly few hours would be awesome. I could maybe finish a project. • Art or hobbies • Honestly all of those options sound lovely. |
|---|---|

Q9: Please select what, if any, barrier you may face to experience Respite. (select all that apply)

Answered: 54 Skipped: 0



Responses for “other”

- Cost
- Someone to share things with
- Supervision for loved one
- Cost of transportation to venue if outside Simcoe County because of rising gas prices
- Pet care
- I have 2 kids with different needs
- Scheduling, care for siblings, financial cost
- Maybe the time of year
- Overnight pet care
- Scheduling in advance. We have our own business so would usually need at least a month’s notice (preferably more) to be able to schedule it in

Q10: Do you have any additional suggestions for our Respite Program?

- Thinking outside the box, maybe some things to help families understand how to cope with life more effectively with training seminars on finances, housing options, or learning crafts and hobbies, and ways to manage your special needs more effectively. Experiences and recreation activities are fabulous, and we would really appreciate the opportunity to participate in, but some practical every day aid would be awesome too (Molly maid services, pre-made meal help, fitness instructor). Sorry for the novel, just trying to think outside the box :)
- The new Spa at Horseshoe and glamping
- No, just thank you for all the work and thoughtfulness you put in to this program and those like it. It is appreciated.
- Secure workers
- Offering to those who are non-vaccinated
- To give all caregivers an opportunity, remove previous winners in the last year from lotteries
- I wish I had heard of it when the sessions were running. I'll try to be better informed.
- Maybe an event where other caregivers can get together and discuss the struggles over dinner. Meeting new people in the same situation.
- this program sounds great
- Something like Creative Cafe or art classes would be awesome
- Clients and caregivers needs wants and needs change over time. This forum should also do likewise and continue to evolve over time.
- clarification on what it aspires to be
- I appreciate both options for the program. The overnight just takes more time for planning.
- Appears to be a wonderful program being offered to caregivers. Looking forward to what it has to offer.
- Not currently, I think this is a fantastic program to help support us caregivers
- No. I think it is an excellent idea.
- If you truly want to run a Respite program then you would offer respite in the form of a place to take our family member to so we can shop or go to appointments without dragging them with us everywhere we go
- No. I chose the overnight as a preference but it was hard to pick, both things sound awesome and we're very thankful for either :) Thanks to the whole team!

Reoccurring themes during focus groups:

Factors that would be considered when deciding where they would want to go included:

- Being far enough away that they could disconnect from their routine, but close enough that they could be back in time for an emergency.
- Having sufficient time to plan around their experience, manage upcoming appointments and secure care.
- The ability to afford and secure care for their loved one with a reliable worker would impact availability of a Respitality experience.

Feedback around accepting an overnight stay versus a Respitality Experience package.

- An overnight would be appreciated but not realistic due to the level of respite care they have access to.
- Unsure of how they would relax being that far away from their loved one.
- Going away can be a lot of work and may not feel worth it.
- Instinctively want to be close to your loved one which an experience package would allow for.
- Is not able to get respite care to go away longer so an experience package would still allow for a break.
- A package would give them ideas on where to go.

What does a meaningful break look like to you?

- Someone else does the leg work of planning.
- Having the ability to disconnect from the caregiving routine.
- Time to themselves to do what they love.
- Feeling comfortable with whomever is taking care of their loved one.

Potential barriers to experience Respitality.

- Reliable and knowledgeable care for their loved one.
- Setting up care for their pets while away overnight.
- Too much work to plan when going away, along with feelings of guilt.
- Transportation for their loved one to get to a respite location. They may not be able to get from the respite location to a venue and back in time. It would be helpful to have a driver.
- The fear of accepting but then having to cancel the experience.
- Only being able to participate in Respitality on a weekend.
- If you have loved ones with various needs it can be tough to find coverage that meets all of their different needs.

Useful Resources that could be on the Respitality web page.

- List of vendors that support Respitality so they can share with others and have ideas on new places to go. They would like to support existing Respitality partners.
- “Short list” of direct support providers who may be willing to provide care while participating in Respitality.
- Different ways you can incorporate weekly self care at home.
- Charts/lists for families around packing, what to prepare for when going away to make planning easier.
- A suggestion portal so that Caregivers can let Empower Simcoe know how their needs and preferences are evolving.
- A portal to share their testimonials on positive experiences at different venues.
- A chat room for Respite Resources to discuss how to obtain a provider as well as challenges other caregivers are experiencing and their solutions.

Additional suggestions and wish lists for Empower Simcoe’s Respitality Program.

- More access to Individual Service Workers.
- Get to hear the testimonials from other Caregivers about their experiences at different venues.
- Have an experience available in cottage country for a week and be able to bring their loved one to join in for a few days.
- Family passes to do different activities as a family and have the cost covered.
- Travel, train trip or utilize travel locations within Ontario/Canada.
- Go as a “Caregiver group” to an event like a Blue Jays game or a theatre in Toronto. Have transportation and logistics all covered so it’s less to worry about and plan.
- Caregiver support groups paired with a social event that their loved one could participate in.
- An overnight stay where everything is ready, how their loved one will be supported arranged, cost of respite covered, not too much thought having to be put into the process.
- Focused attention to each family and what their needs are. Help to navigate the tools and answer questions.
- Money to travel and connect with family, or cover expenses for a family member to come to them to re-connect and offer some respite.

How are we going to use your feedback?

Empower Simcoe’s Respitality Program will aim to provide a variety of options for experiences in order to ensure meaningful breaks for Caregivers. Providing experiences for Caregivers that are realistic to what will meet their needs is paramount.

Short Term Action Items	Long Term Consideration
<ul style="list-style-type: none"> • Target donors based on popularity of chosen services • Recruit in locations that reflect the communities Caregivers would like to experience their Respitality • Expand the resources offered on the Family Relief webpage of Empower Simcoe’s website to address barriers, create opportunities for engagement, and education. • Simplify the application process and redeeming of experiences to be efficient • Provide choice regarding types of experiences 	<ul style="list-style-type: none"> • Organize an annual Respitality group event • Develop partnerships for Caregiver social groups and experiences • Implement a practice for recurring surveys and focus groups • Incorporate volunteers into the Respitality Program