



Human Development Institute

**Health+Wellness**

Eat Well. Move More. Live Happy!

**Staying Apart Together Virtual Event June 2020**

**Evaluation Report**

The “Staying Apart Together” virtual event was hosted by the Wellness Edge grant on June 18<sup>th</sup>, 2020. 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 – with agenda items including CrossFit, social distancing in parks, and health check-ins. Interspersed between each activity was quick group interacting polling.

A total of 421 individuals registered for the event through Zoom and YouTube Live. Individuals who attended the virtual event were asked to participate in a short evaluation. 74 individuals responded to the evaluation, with 13 respondents identifying that they had a disability, 9 respondents identifying that they were a family member or caregiver or a person with a disability, 69 respondents identifying that they were another type of professional (such as a paraprofessional, classroom student, state partner, community partner, or other), 4 respondents identifying that they had paralysis, and 12 respondents identifying that they were part of a support network. Respondents could identify as belonging to more than one group.

This report is organized into six sections: Section 1: Overall, Section 2: Individuals with Disabilities, Section 3: Family Members, Section 4: Other Professionals, Section 5: Individuals with Paralysis, and Section 6: Support Networks. 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 highest mean agreement being for the statement “I am very satisfied with the event” (mean 3.35), and the lowest mean agreement being for the statement “I would recommend this event to others” (mean 3.32). All items were rated between 3.32 and 3.35, a rating between “Agree” and “Strongly Agree.” Table 1 shows the breakdown of responses.

*Table 1: Overall*

<b>Please rate your level of agreement for each statement below.</b>	<b>N</b>	<b>Mean</b>	<b>Std. Dev.</b>
I am very satisfied with the event.	71	3.35	0.68
I really enjoyed the event.	71	3.34	0.74
I would come again to a future virtual event like this.	70	3.34	0.74
I would recommend this event to others.	71	3.32	0.73

## 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). All items were rated higher by individuals with disabilities when compared to the overall mean ratings. The highest level of agreement was with the statement, “I would come again to a future virtual event like this” (mean 3.67). Table 2 shows the breakdown of responses.

Table 2: Individuals with Disabilities

Please rate your level of agreement for each statement below.	n	Mean	Std. Dev.
I am very satisfied with the event.	13	3.54	0.52
I really enjoyed the event.	13	3.62	0.51
I would come again to a future virtual event like this.	12	3.67	0.49
I would recommend this event to others.	13	3.62	0.51

### Individuals with Disabilities – Qualitative

Respondents were then asked qualitative questions about the even. When asked what their favorite part of the event was, many respondents mentioned the interactivity of the event. One respondent said, “Asking for comments and the amount of answers that came from that exercise.” Respondents also talked about the physical activities presented during the event, “Meditation, Parks & Rec., & Cross Fit.”

When asked what could be done to improve future virtual events, most respondents said to just continue putting on events like this one. “Keep doing what you are doing, it is working fine,” said one respondent, while another said, “Just keep them coming.” Other respondents talked about keeping events interactive, “Add more activities to participate in.”

When asked what resources would help respondents to stay healthy and well while coping with COVID-19, most respondents mentioned resources based around physical activities and fitness. “I really enjoyed the health and wellness portion. The deep breathing is very relaxing, The upper body workout was nice as well,” said one respondent, while another said, “More information on exercise regiments.”

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

## Section 3: Family Members

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 were high, with the highest agreement being with the statement “I really enjoyed the event” (mean 3.44). Table 3 shows the breakdown of responses.

Table 3: Family Members

Please rate your level of agreement for each statement below.	n	Mean	Std. Dev.
I am very satisfied with the event.	9	3.22	0.97
I really enjoyed the event.	9	3.44	1.01
I would come again to a future virtual event like this.	9	3.33	1.00
I would recommend this event to others.	9	3.33	1.00

### Family Members – Qualitative

Respondents were then asked qualitative questions about the event. When asked what their favorite part of the event was, respondents talked about the interactivity of the event. One respondent said, *“The ease of communication. It’s not a lecture. Very informative,”* while another said, *“Being able to participate and the information provided.”*

When asked what could be done to improve future virtual events, responses were mixed. Some respondents said that nothing needed to change, or to simply hold more events, *“Just keep them coming.”*

When asked what resources would help respondents to stay healthy and well while coping with COVID-19, respondents talked about physical health and fitness. *“The Breathing Exercises and the Cross Fit Workouts were helpful tools,”* said one respondent, while another said, *“I really enjoyed the health and wellness portion. The deep breathing is very relaxing, The upper body workout was nice as well.”*

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

### Section 4: 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 were lower than the overall average for each statement, but still high, with the lowest agreement being with the statement, “I would recommend this event to others” (mean 3.29). Table 4 shows the breakdown of responses.

Table 4: Other Professionals

<b>Please rate your level of agreement for each statement below.</b>	<b>n</b>	<b>Mean</b>	<b>Std. Dev.</b>
I am very satisfied with the event.	66	3.32	0.68
I really enjoyed the event.	66	3.30	0.74
I would come again to a future virtual event like this.	65	3.31	0.75
I would recommend this event to others.	66	3.29	0.74

### Other Professionals – Qualitative

Respondents were then asked qualitative questions about the event. When asked what their favorite part of the event was, most respondents talked about the physical activities and fitness. One respondent said, *“I felt there was good information about activity and exercise options for those with disabilities,”* while another said, *“Participation Activities & Handout information.”*

When asked what could be done to improve future virtual events, many respondents has only positive comments or said that there were no suggestions. Some respondents talked about technical issues. *“I think there could be some tech improvements; too much outside noise and the flow from one speaker/activity to the next,”* said one respondent, while another said, *“Make sure everyone is “Ready” to go forward. All their equipment ready and any background noises taken care of.”*

When asked what resources would help respondents to stay healthy and well while coping with COVID-19, two themes emerged: physical health and wellness, and the ability to connect with others while

staying isolated. About physical health, one respondent said, *“The Breathing Exercises and the Cross Fit Workouts were helpful tools,”* while another said, *“More information on exercise regiments.”* About remaining connected with others, one respondent said, *“Definitely engaging in activities via Zoom. I’m working from home and unable to go to the grocery store for myself temporarily,”* while another said, *“Our Adult aging population in WV, wish there was a way to reach out to them of vital information for health and wellness along with evidence based in home exercise, thanks.”*

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

## Appendix A

What was your favorite part of the event?

- All of it was really good.
- Visualization with Lindsey
- All the information was equally good.
- The exercises
- All the speaker and there knowledge
- Participation Activities & Handout information
- Hearing the speakers talk about their relationship to Wellness Edge was wonderful, but I also enjoyed the activities UK put on.
- The visualization exercise and the polling questions.
- Viewing people's answers to the questions Jason asked.
- Chair cross fit
- Participation
- The exercise
- Outdoor exercise
- Interaction and audience participation.
- The guided imagery meditation.
- Learning about the virtual platforms folks are using. What is working best...
- hearing how others are coping
- Enjoyed all the wonderful information thanks
- Activities and opportunity to learn
- Cross Fit Training.
- I really enjoyed all of it.
- I enjoyed learning about new organizations. Is there a list of organizations/ providers available to participants?
- meditation and visualization
- todo
- The ease of communication. It's not a lecture. Very informative.
- I felt there was good information about activity and exercise options for those with disabilities.
- The polls
- the unique approach to social distancing activities in the park. great thing to post and inspire parents
- The entire session
- I enjoyed it all very much.
- No particular favorite part
- The Polls
- the visual exercises
- Meditation, Parks & Rec., & Cross Fit
- The fun questions between presenters
- Chair exercise modification video
- enjoyed all of it

- The discussion.
- The interactions were good
- I liked the exercise example
- being able to participate and the information provided
- I liked the presenters; they were engaging and enthusiastic about their topics.
- Different programs
- Video Exercise Demonstration
- Everything
- breathing exercises and stretches
- The speakers.
- exercise/activity suggestions
- All of it.
- I enjoyed the chair Zumba.
- It was very informative.
- I did not stay for the whole thing. I was interested in useful information, not in ranking movies/foods or walking on an imaginary beach.
- asking for comments and the amount of answers that came from that exercise
- Well I loved the "being able to participate by adding our own answers to the little games
- The beach visual
- enthusiasm of speakers
- workers giving ideas of things to do to relax
- The information reviewed was intuitive and informative. I am able to share with my staff.

What can we do to improve future virtual events?

- Nothing - it was good
- Keep thinking outside the box!
- N/A
- Not a thing
- Everything was seamless!
- I thought it was great hearing from different resources.
- No suggestions for improvement
- In this time of keeping distance, it would be hard to improve.
- Keep doing what you are doing.
- Nothing.
- Worked great!
- shorter length of the call
- add more activities to participate in
- Work on sound issues
- N/A
- Keep up the good work.
- n/a

- Nothing.
- todo esta bien
- Just keep them coming
- Maybe have a topic or two to go more in depth on
- I liked the active stuff
- N/A
- No comment
- Mute participants upon entry.
- not sure
- Cannot think of anything right now.
- nothing
- N/A
- n/a
- N/A
- I came in looking for hope on how items were being created, due to covid and the response, and left feeling relaxed (thank you deep breathing) but underwhelmed. The last speaker had a good outline of his program and goals.
- None
- do not know
- I thought the event was well done.
- NA
- N/a
- Provide a list of speakers' names.
- no suggestions
- I think there could be some tech improvements; too much outside noise and the flow from one speaker/activity to the next.
- The virtual events were great
- Get down to the information faster. People's time is valuable.
- Keep doing what you are doing it is working fine.
- Make sure everyone is "Ready" to go forward. All their equipment ready and any background noises taken care of
- N/A
- it was great, it moved to different speakers which was fun
- nothing comes to mind; I enjoyed this one
- Continue to host educational resources.

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

- Mental health support
- Resource about maintaining physical and mental health.
- The Breathing Exercises and the Cross Fit Workouts were helpful tools.
- Being more educated



- Webinars like this are helpful, thank you.
- Any up to date information is appreciated. Thanks!
- Ways to cope with isolation
- More on Vitamin D - how it helps protect against viruses and why the melanin in dark-skinned people prevents natural absorption of sunlight into Vitamin D which may be factor in not having as much protection against viruses such as the COVID-19.
- Definitely engaging in activities via Zoom. I'm working from home and unable to go to the grocery store for myself temporarily.
- Opportunities to connect virtually with other people.
- Learning new ideas to share with my peers and those in our community.
- gym access
- Our Adult aging population in WV, wish there was a way to reach out to them of vital information for health and wellness along with evidence based in home exercise thanks.
- nutrition tips and home exercises
- More information on exercise regiments.
- More delivery type services for food and grocery shopping.
- A "check-in buddy" would be a great resource...Peer Support from other people w/ disabilities
- not sure
- comer bien
- I really enjoyed the health and wellness portion. The deep breathing is very relaxing, The upper body workout was nice as well
- Increased activity and communication
- n/a
- Virtual exercise class
- More information about how to meet the needs of those of us with physical challenges.
- Current resources are adequate
- breathing
- This was very informative. Just having more resources like the ones shared today. Thank You!
- most of them
- Caring and compassionate leadership. These attributes have not been displayed.
- I think the mindfulness really plays a key roll. with everything going on, sometimes you need that step back.
- I was not aware of the department of parks and recreation activities to promote health and maintain social distance. I might look into the programs at our local parks
- further events such as this
- n/a
- Stationary bike. Walking
- Keeping busy during the weekend. Staying home I'm at risk.
- eating healthy staying active
- Job opportunities posts.
- not sure
- I am working from home and my job can be a bit stressful so, I will definitely try to use the breathing/neck relaxation techniques.

- Stay home/save lives.
- Yoga, relaxation, walking
- how to sort through so much information that we get from tv, internet, news shows, websites...  
to some people it's overwhelming
- being able to view relaxation techniques like we were shown
- Universal masking, healthy diet, exercise and social distancing.