



Human Development Institute

Health+Wellness

Eat Well. Move More. Live Happy!

**Staying Apart Together Virtual Event September
2020**

Evaluation Report

The “Staying Apart Together” virtual event was hosted by the Wellness Edge grant on September 16th, 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 their 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.

The event was broken down into sections as follows: Introduction by Kathy Sheppard-Jones, Warm-up activity by Jason Jones, Adaptive Golf by Vickie Links, Health Activity by Lindsey Mullis, and Adapted Sports by Judy Morrison and Jeff McGinnis. 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. Interspersed between each activity was quick group interacting polling. A total of 25 participants responded to the survey. All participants indicated they had watched the event through zoom.

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 majority in agreement.

Table 1: Overall

Please rate your level of agreement for each statement below.	Strongly Disagree	Disagree	Agree	Strongly Agree
I am very satisfied with the event.	4.0%	0.0%	27.5%	40.0%
I really enjoyed the event.	4.0%	0.0%	27.5%	40.0%
I would come again to a future virtual event like this.	4.0%	0.0%	32.0%	52.0%
I would recommend this event to others.	4.0%	0.0%	36.0%	48.0%

Respondents were then asked qualitative questions about the event. When asked “What was your favorite part of the event?” most respondents talked about the adaptive sports. One respondent said, “The information from the Pennsylvania Center for Adapted Sports,” while another said, “Good Information - Inspiring speakers.” Many other comments stated how great they thought the information was. When asked what could be done to improve future virtual events, many respondents had only positive comments or said that there were no suggestions. Some respondents talked about technical issues. “There were a few glitches with the videos,” said one respondent, while another said, “Suggest practice run with presenters.” 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. Regarding physical health, one respondent said, “At home workouts and steady dietary habits.” Concerning social connection, one respondent said, “Ways to stay connected to people,” while another said, “Opportunities to be social.”

A complete list of all responses to the qualitative questions is included in Appendix A.

Appendix A

What was your favorite part of the event?

- The modifications for people to be able to still golf.
- Exercising
- Learning about the adaptive technology for golf.
- Jason's Poll Questions. That was very cool how it turned into word art! And Lindsay and Morgan's dance moves.
- I enjoyed all of it, but my favorite part was the questions Jason asked.
- All the information that I had got.
- Information on adaptive sports that I didn't know.
- Hearing from a variety of presenters on the same topic.
- Getting a perspective of some things people from out of state are doing to help.
- The overall presentation and the professionalism of the panel.
- The information from the Pennsylvania Center for Adapted Sports. And the physical activities that provided a break from listening and looking at computer screen
- Good Information - Inspiring speakers
- Learning about the paragolf cart. A shame so expensive. An individual cannot afford and I don't know if an individual with a disability would address with a golf course nor the golf course purchase. However, that is why we are in the business of serving and educating.
- Seeing the accessible devices (golf carts) and how they work.
- Very informative
- The brain exercise
- It presented new views and ideas
- Lindsey's exercises & PA video

What can we do to improve future virtual events?

- Suggest practice run with presenters.
- Zoom is tough with attached videos etc.
- There were a few glitches with the videos.
- More demonstrations and videos of individuals in APE environments.
- Nothing I can think of
- You probably have no control over the technological capabilities of the presenters, but that's what could be improved--people being able to share documents and videos; not cutting in and out.
- Better technology - it was hard to hear the speakers at times.
More visuals - I enjoyed the speakers. Some more digital print information would be helpful to learn more and to have resources for our consumers.
- Afford ideas and accessible ideas for the area.
- No suggestions at this time.
- It was fine
- Better quality video
- There was a lot of information to process
- More activities/interactive

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

- Walks with my dogs and DIY home improvement projects
- The ZOOM meetings are great.
- Ways to stay connected to people
- N/A
- At home workouts and steady dietary habits.
- Unsure other than staying home and taking precautions when out in the public
- Exercise activities, relaxation activities.
- A vaccine
- Getting outside like I am doing.
- Human interaction
- Healthy habits are good, but sometimes Ice cream is a comforting option too. Seriously there was good information here.
- Opportunities to be social.