



Eastern District Innovative Grant Program

Fiscal Year 2005/2006 Application Form

Completed application form should not exceed (3) pages, using a minimum font size of 11 point, and no less than 1-inch margins. Submit completed application electronically to karen.smiley@ces.uwex.edu, and fax signature page (if electronic signature not available), by **Friday, March 31, 2006.**

Project must be completed by December 31, 2006, unless prior approval received for extended timeline.

1. **Project Title:** Powerful Tools for Caregivers Facilitator Training
2. **Funding Requested:** \$ 931.00
3. **Project Lead/Grant Applicant (Name & County):** Donna Doll-Yogerst, Oconto County FLA
 - a) **Project Collaborator(s) (if applicable);** Community Memorial Hospital, Visions of Oconto County, Respite Care, Senior Citizen Center, Commission on Aging

4. **Signature:** 
Grant Applicant/Lead

5. Project Description

a) *Situation Statement (Describe how this relates to the UWEX strategic plan and/or your plan of work), and outline the following criteria that relate to your project.* Programs for the aging population have been in my **POW** and the State FLP **POW** for a few years. I was able to take the Powerful Tools training last Dec. Scheduling the 3 day training had been the barrier. The aging population is growing in our county. Many move north to retire and are used to the services they had from their former community. This program will fill one of those needs.

i) *Fosters teamwork and collaboration with other agencies, campuses, or colleagues:* This effort involves **collaboration** with the Commission on Aging, Home Respite and Senior Citizen Center for facility, respite and PR. **Collaboration** to defray the cost of the \$20 "help books" was received from Community Memorial Hospital in Oconto Falls and Visions of Oconto County.

ii) *Incorporates the use of other funders:*

Outside Funders for the "help book" contributed \$200 for the spring session and have committed to do so in the future. We are currently short \$100 for help books and feel someone will come forward. The other **collaborators** for space, promotion and respite care are willing and able to continue their role as this program moves forward.

iii) Includes a new program direction that may be replicated: (2)

This is a **new program direction** and **audience** for me as I have not programmed in elderly issues for at least 10 years. Here is strong interest in this program by the local **collaborators**. Powerful Tools requires **partner** facilitators. Currently Judy Knudson, Brown County FLA is assisting as co-facilitator for the April 2006 session. However when the falls session is offered in Northern Oconto County (100 mile county) Judy may not be able to assist due to travel time. No local partner facilitator is also problematic when facilitator illness occurs. With a local co-facilitator this program can be offered more frequently as we have a growing aging population.

iv) Focuses on reaching new audiences:

I have done little to no work with the aging population for the last 10 years. Therefore this is **new program** and **audience** direction. I have had a great deal of support from the **collaborators**. However, none are in a position to fund a facilitator certification due to the cost.

v) Exposes potential employees to UWEX:

The co-facilitator will be **exposed** to the many aspects of Family Living Programs in Oconto County and to UWEX in general. It is my hope that this certified facilitator will also donate time to assist in the details of the program as well as spread the word about UW-Extension.

b) Project Objectives/Expected Outcomes:

Participants will identify the challenges of care giving.
Participants will learn the principles for managing self-care.
Participants will use community resources.
Participants will set goals and carry out action plans.
Participants will learn to manage stress.
Participants will improve their communication techniques by using the Aikido communication style.

c) Project Timeline (include planned responses/activities):

On April 4th I am speaking to the AARP group to not only promote this program, but also to hopefully gain the missing \$100 for the help books. Powerful Tools will begin April 11 for 6 weeks with the intent to offer a fall program in Northern Oconto County if a co-facilitator has received the certification training. The program will continue on this rotation.

d) Evaluation Plan:

I will use the Powerful Tools State evaluation. This tool provides local data for us as well as contributes to our state effort to measure program impact and assess the need for other similar programs.

6. Detailed budget breakdown (specifying the amount and purpose of funds requested from District Resource Management funds, and clarifying the source and amounts from other funds):

District Resource Management Funds Requested for community member to be co-facilitator
(not identified at this time): (3)

3 day certification training	\$370
3 nights lodging	\$186
meals	\$ 75
travel	<u>\$300</u>
	\$931

Outside funds:

Space value \$50 x 6 sessions	\$300
Respite Care X 6 sessions for 15 participants loved ones	\$4500
Care giver "help books"	\$200
PR	<u>\$600</u>
	\$5600

7. If you have received Resource Management funds in the past, include the following information:

a) *Describe your past experiences with resource management grants – project focus, funding received, project collaborators:* I have had the opportunity to participate in several RMG funded programs either as the lead or as a collaborator. All the funds have been held in a non-lapsing account until use. Sometimes it has taken longer than planned to carry out the intended program. For example the Marinette/Oconto County 02/03 "Daddy Be There" was a success in Marinette County but in Oconto County it failed the first try. The program structure was reworked and used as **collaboration** with the Suring Family, School & Community Partnership Action Team for a "Fishing for Fun" day. Over 100 kids and dads were in attendance each of 2 years. It has become **sustainable** with the local sportsman clubs providing the needed funds for future programs. I believe that the Action Team currently has about \$500 for the June 2006 program. The 04/05 Development of Fm. Financial Program through VISTA is on hold due to the long time it takes for National & Community Service to work with us. Sometimes in rural areas it takes more time to move forward than anticipated. Again, the funds are in a non-lapsing account. It is our full intent that this will happen if we are patient and persistent. The other 2 RMG went off without a hitch.

b) *What were the outcomes of your project efforts?*

The relationships between dads & kids were improved through the "Fishing for Fun" program and kids now have something new to do with their dads. This depressed community was eager to participate in this no-cost activity. This community had lost their major employer during this time. The materials developed for the original "Kids, Dads and Pizza" program was used as resource materials for the dads. The Parent Ed in rural communities 00/01 was a huge success and exposed some very needy families to positive parenting techniques and an opportunity to network with other parents. Both efforts were part of Northern outreach focus and proved highly successful. **Thank you for providing this opportunity for residents of our northern county.**

c) *How is this project proposal new or different?*

This is a **new audience** and a **new program** focus for me. It will extend long past the expenditure of the funds, is easily **replicated** and will easily become **sustainable**.