

Appendix B-Sample Schedule A- Lethbridge Partner EOI

Regional partners involved in the Caregiver Connections Project are responsible for planning and implementing programming in three (3) key areas: 1) One-on-one Peer Support, 2) Support Groups, 3) Community outreach and/or Education. The following document outlines example activity descriptions that can be utilized to inform regional program development.

One-on-One Peer Support Sample Activity: Have a caregiver trained and supported peer available for scheduled and/or drop-in support, in person, or phone calls. Coordinate check-ins with group participants weekly, and possible appointments in person or telephone.

Strategies/Activities	Performance Measures	Evaluation Strategies
Caregiver peer available 8 hours weekly for peer support drop-in hours. Additional 2 hours scheduled one-on-one peer support hours available.	Tracking weekly contacts	Report total number of contacts to Provincial Team.
Promote Peer Support to Community	Connect with at least 20 partners and attend 6 community events to promote the program annually	Record the number of referrals, referral sources and contact information for people not at the community events.

Support Group Sample Activity: Provide bi-weekly, regularly scheduled, structured support groups led by Peer with Lived Experience.

Strategies/Activities	Performance Measures	Evaluation Strategies
Provide two (2) Caregiver Connections Peer Support Groups per month, on online, one in-person, or a combination of both.	Sessions are offered, participant attendance is tracked.	Report total number of meetings and attendance to Provincial Team
Promote Peer Support Groups to Community	Connect with at least 20 partners and attend 6 community events to promote the program annually	Record the number of referrals, referral sources and contact information for people not at the community events.

Community Education/Outreach Sample Activity 1: Collaborate and partner with associations that host caregiver supports.

Strategies/Activities	Performance Measures	Evaluation Strategies
Schedule a minimum of 6 partnership educational or information sharing events per fiscal year	Groups are pre-scheduled and promoted throughout the region and with partners	Record and report participant numbers at sessions

Community Education/Outreach Sample Activity 2: Provide advocacy for caregivers as well as three education-based groups in communities, targeting caregiver support.

Strategies/Activities	Performance Measures	Evaluation Strategies
Schedule 3 education-based groups in the fiscal year	Groups a pre-scheduled and promoted throughout region and with partners.	100% of education-based groups will be scheduled/executed for the fiscal year
Promote education-based groups throughout the region	Connect with at least 20 community partners to promote	Record education-based groups participants and their referral source
Ensure participants report an increased understanding of the topic presented	70% of participants state they have a greater understanding of topic presented and how it supports their role as a caregiver	Participants complete a pre- and post-survey about knowledge on topic presented. Results shared with CMHA AB division