NAMI New Hampshire

National Alliance on Mental Illness

Side by Side for Independent Living
Evaluation Summary

Side by Side for Independent Living is a series of 6 educational workshops that provide information and guidance to family members and caregivers of older adults with mental illness. These workshops provide information on important topics appropriate to those caring for older adults with mental illness. The overall goal of this workshop series is to help participants better understand and support the person with the illness in managing their illness and coping with other issues related to aging. These workshops are designed for caregivers, such as family members or close friends, whether or not they reside with the older adult, as well as "professional caregivers" who are hired to provide in-home, non-medical services to older adults or work with older adults in community settings.

The Side by Side for Independent Living Workshops may be offered as a series or as individual 2 hour programs and include:

- Self-Care
- Understanding Anxiety in Older Adults
- Understanding Depression in Older Adults
- Understanding Dementia
- Coping with Changing and Challenging Behaviors
- Medical Care: Who Makes the Decisions and When?

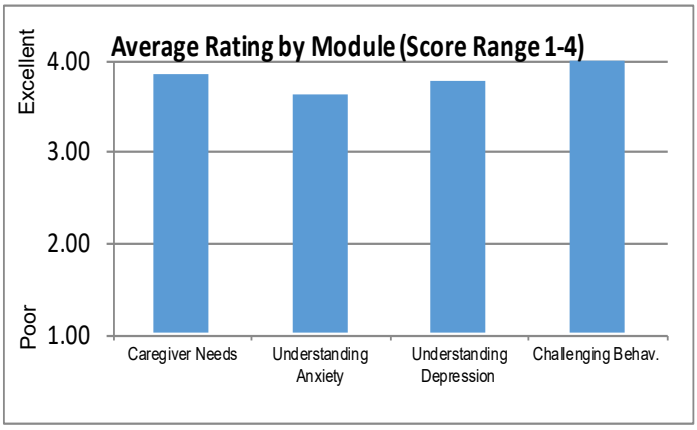
Evaluation Results

The **Side by Side for Independent Living** program is evaluated using a brief post-presentation survey collected by the presenter after each workshop. The survey focuses on whether participants think they are better informed about mental illness in older adults, whether they have increased knowledge of potential supports and resources for dealing with mental illness in older adults and/or caregiver issues, and whether or not they feel more confident in working with older adults.

More than 150 people have participated in evaluating this program from September 2023 through September 2026 which include families and groups from adult day programs, hospitals, hospice and senior centers.

After participating in a workshop, over 60% of participants report that:

- They felt the training will help them better understand the needs of older adults.
- They intend to share what they learned with others.



Quotes from Participants

- *"Listening to others stories and difficulties I think hearing that others are experiencing similar things is the most comforting factor."*
- *"It provided a thorough and clear set of information surrounding going to the doctor and what to expect."*
- *"There was a wide variety of information presented, it was a good amount without being overwhelming."*
- The most helpful part of the workshop: *"Getting one source of comprehensive information and support scenarios in NH for care giving."*
- As a result of the workshop: *"I will try to get all the paperwork in order for my parent and myself before we lose the ability to make our own decisions."*

For more information: Contact info@naminh.org or visit www.naminh.org

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