

RCBIS Group Evaluations 2008

Group	# of Members
<u>Kingston</u>	
Bon Appetit	7
Let's Make a Meal	7
Lunch Bunch	8
Love Group	3
Social Activity Group	7
PALS	4
Coffee Club	3
Craft Group	3
Recreation Group	10
PALS - Napanee	4
Swimming Group	2
<u>Brockville</u>	
Gananoque Group	2
<u>Belleville</u>	
Social & Recreation Group	13
Caregivers Support Group	4
Support Group - Bancroft	3
Total	80 clients (15 groups)

1. What do you like about this group?

friendship / socialize	48%
the outings in the community	15%
share feelings with one another	12 %

- Since we have been asking this question (2003) – always has been the number one answer

2. How does this group benefit / help you?

gives me something to do / gets me out of the house	18%
meeting people like myself	10%
feel better about myself	10%
helps me with my social skills	10%

3. What would make the group better?

more people in group	35%
nothing	10%
have more community outings	10%

4. If there are costs associated with this group, are the costs reasonable for you?

yes	86%
no	---
sometimes	---
N/A	4%

5. Would you recommend this group to a friend?

yes	93%
no	3%

6. Overall, how would you rate this group?

great	56%
pretty good	31%
average	5%
poor	---
waste of time	3%

Additional Comments:

PALS

- gets me out of the house and into my community
- to be with others who have a brain injury – they understand me and it helps me to feel normal
- fellowship
- would like more money for trips and traveling
- would like to go to even more interesting places

LUNCH BUNCH

- getting out with the guys
- we have become friends and the group allows us to see how everyone copes
- all members of the group can discuss a common problem

LETS MAKE A MEAL

- everyone is easygoing
- helps me with my socializing
- lots of social fun with new friends
- it is helping me with my brain injury
- helps me learn to cook and hang out with people
- I like walking around downtown
- makes me realize that there are still things I can learn and gives me a chance to try to do things I don't normally do

BON APPETIT

- what do you like about the group? – Simple – I like to eat!
- inspirational and a confidence booster
- helps me to work on my social skills – thinking about what I say before I say it and my voice level

GANANOQUE GROUP

- would like to have the group meet more often
- the rehab worker running the group helps us to solve any problems we have

SWIMMING GROUP

- waste of time – makes my mom happy though

KINGSTON RECREATION GROUP

- fun to see people I know and get caught up
- gets me to go places and do things I normally wouldn't do
- a great activity group – lots of fun
- would be nice to have more people (stated by most of the participants)

BANCROFT SUPPORT GROUP

- helps me to understand the problems that I have and has improved my self-esteem
- this is a group just for me where I can go and just be myself – it has made me a stronger person and more sure of myself
- provides a place to easily ask questions and get input from others

SOCIAL AND RECREATION GROUPS - BELLEVILLE

- bonding with people who share similar problems
- would be nice to have group transport for day trips
- helps me to feel better about myself and have some independence
- I get to go to interesting places
- great place to meet people - met my husband to be in the group!

PALS – NAPANEE

- provides socializing
- everyone is cheerful and gets me out of where I am

COFFEE CLUB

- social interaction and the **decaf** coffee
- makes me get out of bed on Mondays – I hate Mondays!
- the discussions around the table are interesting
- informal – no commitment – free to come whenever – don't have to come every time

SOCIAL ACTIVITY GROUP

- social outlet
- the other participants are great and it is fun to hang with everyone
- we should have more parties
- it helps me socialize with others
- more knowledge of what I am capable of doing
- helps me realize that there are still things I can learn
- group could use more participants

CRAFT GROUP

- I enjoy making crafts and getting paid for selling them
- helps me make stuff for other people
- helps me to concentrate

Groups for Caregivers/family members

LOVE GROUP

- very helpful – an added boost to keep hanging in
- enjoy sharing experiences and just relaxing for awhile
- makes me feel like a part of an extended family
- more members would be nice

BELLEVILLE CAREGIVERS SUPPORT GROUP

- a great venue to get something off of your chest with people in the same boat
- lots of support and caring from folks without being judgmental