

RCBIS Group Evaluations 2010

1. What do you like about this group?

friendship / socialize	33%
support	9%
the outings in the community	9%

2. How does this group benefit / help you?

gives me something to do / gets me out of the house	25%
helps to meet people like myself	10%
making friends and socializing	9%

3. What would make the group better?

nothing	34%
more people in group	28%
have more community outings	8%

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

yes	85%
no	----
sometimes	5%
N/A	10%

5. Would you recommend this group to a friend?

yes	99%
no	1%

6. Overall, how would you rate this group?

great	60%
pretty good	36%
average	4%
poor	---

Additional Comments:

What do you like best about the groups?

- like everything!
- group helps me by meeting new people for socializing and it is educational as I learn things
- I get to hook up with my friends
- I like going for walks
- the group allowed me to express myself and broaden my horizons
- gave me confidence
- gets me out of the house
- enjoy the conversations
- helps with my confidence
- the group lets me connect with people I like
- it helps me communicate well with other people
- it gets me out of the house and to hang out with others with brain injuries
- you can keep up with people's lives in a context of fun
- it is a big treat for me
- can learn new tricks about cooking
- relieves cabin fever
- nice to socialize and meet other folks with brain injury
- provides me with more ease in the kitchen
- it brought me out of the tiny shell I was in
- meeting new people
- you can say what you feel – people don't judge
- I like getting out with other people
- the group makes me feel like I am not alone with my struggles
- the support and feedback – good sounding board!
- soft place to land they "GET IT" – makes me feel better
- the diversity of women who share a common experience and are willing to discuss it freely
- a safe place
- support – just knowing others can cope and even prosper in similar situations
- helps me to feel less isolated – one thing I do for myself – self-care
- it helps me get used to interacting with people again after my ABI
- gives me a chance to do different things
- I look forward to the group every time
- the people are great!
- it gives me the initiative to get out and get going and meet new friends
- having fun with friends
- I like being out on my own
- gives me an opportunity for some exercise
- the food
- the interaction with other people / support
- the group is interesting, informative and great to be in
- it teaches me about cooking – helps with my confidence
- helps me to remember facts and lists

- I enjoy meeting the other people and sharing laughs...and tears
- because of my husband's head injury he has become quite anti-social, this group gives me some social life and some support
- it is very upbeat and supportive – people have knowledge of problems around brain injury so they can relate to my situation
- helps to keep morale up and helpful with problem solving – encourages me to keep going
- it helps to share the trials and tribulations of family members who have a brain injury